CHAPTER 4

Breads

QUICK BREADS

Basic ingredients in all quick breads are flour, liquid, a leavening agent, and flavorings. Fat and eggs are usually included also. The type and quantity of each of these ingredients and their interaction affect the characteristics of the finished product. They may be classified, according to the proportion of flour to liquid, as:

- *pour batter:* pancakes, waffles, popovers, crepes
- *drop batter:* muffins, pan breads, drop biscuits
- *soft dough:* rolled and cut biscuits

Quick breads are leavened by baking power, baking soda, or steam, which act quickly, requiring them to be baked at once. If a double-acting baking power is used, quick breads may be mixed, panned, refrigerated, and then baked as needed during the serving period, although they will have slightly decreased volume. A variety of sweet and savory quick breads may be made from basic biscuit and muffin recipes by adding fruits, nuts, and other flavorings.

Quick-bread mixes may be prepared by sifting together the dry ingredients, which generally include nonfat dry milk, and then cutting in the shortening. Such a mix may be made on days when the work load is light and stored for periods up to 6 weeks without refrigeration, or longer if refrigerated. Many foodservices use some type of commercial mix. The decision to purchase a mix or to prepare from scratch depends on the amount of time and skilled labor available, food inventories, and the cost and quality of the mix.

Pans for quick breads should be greased on the bottoms only. A coating mixture may be prepared and brushed on (p. 165), or the pans may be coated with a vegetable spray. Muffin pans with paper baking cups are often used. See p. 107 for quality standards for quick breads.

Methods of Mixing

Ingredients for most quick breads are combined by the muffin or biscuit method, although the conventional cake method, described on p. 155, is used for some loaf breads. Most quick-bread ingredients should be mixed only to blend, with as little handling as possible.

Muffin Method

The muffin method is used for muffins, pancakes, waffles, and popovers.

1. Mix the dry ingredients in a mixer bowl. If dry milk is used, add it to the other dry ingredients.
2. Combine beaten eggs, milk, and melted or liquid fat and add to the dry ingredients all at once.
3. Mix at low speed only enough to dampen the dry ingredients.

The mixture should be slightly lumpy and appear undermixed when put into the pan. Excess mixing causes gluten to develop and carbon dioxide to be lost, resulting in the formation of long "tunnels" in the baked product. Effects of overmixing are less evident in rich muffins and loaf breads that contain a high proportion of fat and sugar, or when the batter is made with cake or pastry flour. The batter should be dipped into pans carefully to avoid additional mixing.

Biscuit Method

The biscuit method is used mainly for baking powder biscuits.

1. Combine dry ingredients in a mixer bowl.
2. Cut fat into the flour with flat beater or pastry knife.
3. Add liquid and mix to form a soft dough.
4. Knead dough on low speed for 15–30 seconds (or on a lightly floured board for 15–20 strokes) to develop the gluten. Kneading contributes to making a good volume biscuit with a crumb that peels off in flakes. Overkneading or working in extra flour when kneading by hand may result in a biscuit that is compact and less tender. The volume can be affected also by the temperature of the liquid used and the amount of standing time before baking.

Conventional Cake Method

The conventional method, described on p. 155, may be used for coffee cakes, loaf breads, and rich muffins.

YEAST BREADS

Ingredients

An understanding of the functions of the main ingredients in yeast-raised doughs is essential to the production of good bread and rolls.

Flour

Flour used for baked products must contain enough protein to make an elastic framework of gluten that will stretch and hold the air bubbles of carbon dioxide gas formed as the dough ferments. *Bread flour* is made from hard wheat and contains more protein than other flour. It is used for making breads and pasta when strength and elasticity are required. *All-purpose flour* is milled from a blend of hard and soft wheats and contains enough protein to provide the gluten essential to make good rolls and yeast breads. An all-purpose flour, unless otherwise noted, was used in testing the recipes in this book. *Whole wheat, rye,* and *specialty flours* add variety to breads. These flours should be combined with a high-protein flour because they do not have enough protein to effect proper gluten formation.

Yeast

Yeast is added to dough for its leavening effect, as well as to enhance the flavor and texture of the finished product. In the fermentation process, sugar in the dough is fermented, and carbon dioxide, ethanol, and other by-products such as lactic acid and acetic acid are released. Fermentation is controlled very carefully by monitoring time, temperature, and humidity throughout the mixing and rising process. When the yeast cells reach about 140°F, as they do soon after baking begins, the cells are destroyed and fermentation ceases. The continued rising is a result of heat expanding the gases trapped within the gluten structure.

The three types of yeast used for yeast bread doughs are compressed, active dry, and instant active dry. *Compressed yeast,* often referred to as fresh yeast, may be purchased in 1-lb cakes or 0.6 oz cubes. It is highly perishable and may be held under refrigeration (30°–40°F) for 2 to 3 weeks. The longer the storage time, the more the yeast activity is lost. Compressed yeast is softened in lukewarm water (95°F) before it is added to the other ingredients.

Active dry yeast differs from compressed yeast in that the moisture is removed by dehydrating at a low temperature. The yeast does not require refrigeration and can be stored for several months in a cool, dry environment. It is recommended that yeast be stored for as short a time as possible because some yeast activity is lost during storage. Active dry yeast must be rehydrated before using in water that ranges in temperature between 105°–115°F. When substituting active dry yeast for compressed yeast, use 60 percent of the compressed yeast weight plus enough water to make up the difference.

I*nstant* or *quick-rise dry yeast* differs from active dry yeast in its genetics and method of processing. Instant dry yeast is less sensitive to temperature extremes than active dry yeast and can be added to the dry ingredients without first reconstituting. Water at 125°F is recommended for hydrating the yeast and other dry ingredients. Water above about 138°F will destroy the living yeast organism. Instant dry yeast is vacuum packed and can be stored unopened for several months.

Liquid

The amount of liquid necessary to produce an optimum dough varies with the flour and generally is related to the flour's protein content. Flours with high protein values absorb more water than low-protein flour.

The liquid used for yeast breads generally is milk or water, although potato water and fruit juice may be used. Milk improves the browning and nutritive value of the bread and tends to delay staling. If fresh milk is used, it is scaled to stop enzyme action that may produce undesirable characteristics, then cooled to the appropriate temperature. Nonfat dry milk may be mixed with the dry ingredients or reconstituted and used in liquid form. The nutritive value of bread may be increased by the addition of extra quantities of dry milk.

The temperature of the liquid used has an effect on the end-point dough temperature after mixing. When using high-speed mixers or making large quantities, it is necessary to calculate the water temperature based on factors such as friction heat generated by the equipment, flour temperature, and room tempera-

QUALITY STANDARDS FOR QUICK BREADS

Quality standard: Golden brown color, slightly rounded with pebbly top, well-proportioned shape; tender crust, even grain, with no tunnels; moist crumb, breaks easily without crumbling; light and tender; good flavor.

Deviation	*Possible Cause*
Pale color	Overmixing, oven temperature too low
Rough surface	Undermixing, too much flour
Peaked shape	Wrong size pans, overmixing, incorrect liquid measurement, oven temperature too high
Undersized	Incorrect proportion of ingredients, inaccurate measurements, improper mixing, too hot water (leavening gone), oven temperature too low, too large a proportion of acidic ingredients (blueberries, oranges, etc.) or dough held too long before baking when using acidic ingredients, too much flour used when rolling biscuits
Texture coarse, tunneled	Incorrect proportion of ingredients, inaccurate measurements, overmixing
Dry	Too much flour or too little liquid, oven temperature too low, overbaking
Tough, elastic	Overmixing, too little liquid
Unpleasant flavor	Not enough salt, too much baking powder or soda, poor-quality fat or flavorings

ture. For quantities used in this book, however, the following guidelines for water temperature are recommended: lukewarm (95°F) for compressed yeast, warm (105°–115°F) for active dry yeast, and very warm (125°F) for instant active dry yeast that is mixed with flour and other ingredients.

Other Ingredients

Although used in small quantities, other ingredients influence the quality of the finished product. Salt is added for flavor and also helps to control the rate of fermentation. Sugar, a ready source of food for the yeast, accelerates the action of the yeast. Although the addition of a small amount of sugar makes the dough rise faster, too much sugar inhibits yeast activity. Granulated sugar generally is used for bread making, but honey, corn syrup, brown sugar, and molasses are also used, especially in dark whole-grain bread, sweet rolls, or coffee cake. Fat is added to improve flavor, tenderness, browning, and keeping quality. Fat in large amounts, or fat added directly to the yeast, will slow its action. Eggs affect flavor, richness, tenderness, and color.

Bread Bases

Commercially available bread bases may include ingredients for dough conditioning, flavoring, and coloring, as well as flour, salt, eggs, and seeds or nuts. These bases generally require mixing with flour, yeast, and liquid. Mixing and proofing time and techniques may differ from standard procedures, so the manufacturer's instructions should be followed.

Mixing the Dough

Mixing and kneading of dough has three important functions: to uniformly distribute the ingredients into a homogeneous mass, develop the gluten structure that will entrap the carbon dioxide gas, and develop the dough into a continuous gluten network that will have maximum gas-holding capacity. A repeated stretching-and-folding motion, performed always in the same direction, is the most effective way to produce quality bread with high volume; a soft, silky, and uniform grain and texture; and good keeping quality.

Dividing, rounding, sheeting, and shaping all have a beneficial effect on bread quality because they too contribute to the mixing functions.

The mixing speed and length of time will vary with the size of mixer and amount of dough. Overmixing and allowing the dough temperature to get too high will produce a product with a dense texture and low volume. Generally dough is mixed only until it leaves the sides and bottom of the bowl. When mixed adequately, a small piece of dough may be stretched, without tearing, to resemble a membrane (sometimes referred to as the membrane test).

Moisture content of the flour may vary, making it necessary to adjust slightly the amount of flour called for in the recipe. Reserving some of the flour specified and adding it as needed toward the end of the mixing process is suggested. Enough flour should be added to produce a soft—but not sticky—dough. Dough for rolls is usually softer than for loaf bread.

Fermentation of Dough

The flavor and texture of the bread depend on the fermentation process. Fermentation begins when the dough is mixed and continues until the yeast is killed by the heat of the oven (approximately 140°F). After mixing is completed, the dough should be set in a warm place (80°–85°F), with a relative humidity near 75 percent. The length of the fermentation period depends on the type of product, amount of yeast, strength of the flour, amount of sugar, and temperature of the dough and proofing area. Usually 1 to 1½ hours are required for the dough to double in bulk for the first time.

After the dough has doubled, air must be forced out and the dough returned to its original bulk. This may be done with a mixer using a dough arm or by hand for small amounts of dough. This process continues to decrease the size of the air bubbles and helps form a good grain and texture in the finished product. Dough at this stage may be retarded by chilling and held in a refrigerator for use at a later time. It is important to cover the dough tightly so that moisture is not lost and a dry, tough skin does not develop on the surface.

Shaping, Proofing, and Baking

After the dough has fermented until double and the air bubbles are forced out, it is time to form it into the desired shape. A rest period of 10–15 minutes allows the gluten structure to relax and makes shaping easier (see pp. 136–137 for recipes and directions for shaping). When panning rolls or bread, the distance between pieces will affect the shape, size, and amount of crust in the final product. Individual preference should be considered.

Panned bread or rolls should rise (proof) at 90°–100°F and 80 to 85 percent humidity until double in bulk. A general test for assessing how long to proof is to press the dough lightly with a finger. When proofed for the correct length of time, a slight indentation remains. When not proofed long enough, the dough will spring back, leaving no indentation. Overproofed dough will collapse when pressed with a finger. Too short a proofing period will produce a dense, undersized product with a tough crust; too long a proofing period will cause an open, crumbly, texture with low volume and unpleasant flavor.

Crust texture may be determined partly by the treatment applied prior to baking and during the early stages in the oven. For a crisp crust, spray loaves or rolls with cold water before baking and again after about 10 minutes in the oven. An egg-white glaze (one slightly beaten egg white with 1 tsp water) also may be used to produce a crisp crust. For a shiny, golden crust, brush loaves or rolls with egg or egg-yolk glaze (one slightly beaten egg or egg yolk with 1 Tbsp water or milk) prior to baking. For a soft or tender crust, brush with melted butter or margarine immediately after baking; and to give baked sweet rolls a shiny, glossy appearance brush with simple syrup, then glaze as usual.

Most bread is baked at 375°–400°F. Rich and sweet doughs may overbrown quickly and may need to be baked at a slightly lower temperature, 350°F. Generally, small rolls, spaced apart, are baked at a higher temperature than larger loaves so that they become browned in the short time it takes to bake them. For best volume and texture, preheat the oven before baking yeast breads. The final expansion of the dough, called "oven spring," occurs in the first 10–15 minutes of baking in a hot oven. The bread is usually done when tapping the crust produces a hollow sound and the sides, bottom, and top are golden brown. Remove bread from the pans immediately and place on a wire rack to prevent steaming and softening of the crust. Cool the loaves uncovered.

Freezing Yeast Doughs and Breads

Yeast doughs can be frozen up to 6 weeks before or after shaping. Sugar and yeast are usually increased slightly. It is important that the dough be frozen quickly and covered tightly. Some quality loss can be expected when freezing dough using techniques available in most bakeries. Commercial processors are able to achieve better results.

To freeze baked bread and rolls, allow to cool to room temperature, then wrap and freeze. Frozen baked products should be allowed to return to room temperature before being warmed or used.

QUALITY STANDARDS FOR YEAST BREADS

Quality standard: Symmetrical, uniform shape, rounded top, good volume; smooth, tender crust; golden brown color; fine, even grain, free from large air bubbles, thin cell walls; moist, silky, elastic crumb; nutlike flavor.

Deviation	*Possible Cause*
Excessive volume	Too much yeast, too little salt, oven temperature too low, protein content of flour too high, overproofing
Poor volume	Protein content of flour too low, not enough yeast, over- or underdeveloped gluten, over- or underproofing, too much salt
Pale color	Not enough sugar, overfermented dough, oven temperature too low, crust formed before baking
Dark color	Excessive sugar or milk, oven temperature too high, baking time too long
Cracked	Overmixing, improper shaping, formation of dried crust before baking, cooling too fast
Coarse texture	Not enough flour, slack dough, underkneading, proofing period too long or at too high a temperature, oven temperature too low, temperature of dough out of mixer too high
Heavy texture	Yeast partially killed, not enough yeast, underkneading, poor distribution of ingredients, too-cool proofing temperature, too-short proofing period, excessive dough in pan, too much salt
Crumbly, dry	Too-stiff dough, oven temperature too low, underkneading
Poor flavor	Flat: too little salt
	Yeasty: too-long proofing period, proofing temperature too warm
	Sour: too-long proofing period, poor-quality ingredients

QUICK BREAD RECIPES

BAKING POWDER BISCUITS

Yield: 100 2½-inch biscuits or 130 2-inch biscuits
Oven: 425°F *Bake:* 15 minutes

Ingredient	*Amount*	*Procedure*
Flour, all-purpose Baking powder Salt	5 lb 5 oz 2 Tbsp	Combine flour, baking powder, and salt in mixer bowl. Mix on low speed until blended, approximately 10 seconds, using flat beater.
Shortening, hydrogenated	1 lb 4 oz	Add shortening to flour mixture. Mix on low speed for 1 minute. Stop and scrape sides and bottom of bowl. Mix 1 minute longer. The mixture will be crumbly.
Milk	1¾ qt	Add milk. Mix on low speed to form a soft dough, about 30 seconds. Do not overmix. Dough should be as soft as can be handled.

1. Place one-half of dough on lightly floured board or table. Knead lightly 15–20 times.
2. Roll to ¾-inch thickness. Biscuits will approximately double in height during baking. Cut with a 2½-inch (or 2-inch) cutter; or cut into 2-inch squares with a knife. When using round hand cutters, cut straight down and do not twist to produce the best shape. Space the cuts close together to minimize scraps. Use of a roller cutter or cutting the dough into squares eliminates or reduces scraps. The scraps can be rerolled, but the biscuits may not be as tender.
3. Place on ungreased baking sheets ½ inch apart for crusty biscuits, just touching for softer biscuits. Repeat, using remaining dough.
4. Bake at 425°F for 15 minutes, or until golden brown. (See Exhibit V in the color insert.)
5. Biscuits may be held 2–3 hours in the refrigerator until time to bake.

Approximate nutritive values per portion **Calories** 145

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 6 g	10%	**Cholest.** 2 mg	1%	**Total Carb.** 18 g	6%	**Vitamin A**	0%	**Calcium**	11%
Sat. Fat 2 g	9%	**Sodium** 278 mg	12%	Fiber 1 g	2%	**Vitamin C**	0%	**Iron**	5%
Protein 3 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- 7 oz nonfat dry milk and 1¾ qt water may be substituted for fluid milk. Combine dry milk with other dry ingredients. Increase shortening to 1 lb 6 oz.

Variations

- **Buttermilk Biscuits.** Substitute cultured buttermilk (or 7 oz dry buttermilk and 1¾ qt water) for milk. Add 1 Tbsp baking soda to dry ingredients.
- **Butterscotch Biscuits.** Divide dough into eight parts. Roll each part into a rectangle ¼ inch thick. Spread with melted margarine or butter and brown sugar. Roll the dough as for jelly roll. Cut off slices ¾ inch thick. Bake at 375°F for 15 minutes.
- **Cheese Biscuits.** Reduce shortening to 1 lb and add 1 lb grated cheddar cheese.
- **Cinnamon Raisin Biscuits.** Substitute 2 lb 8 oz margarine for shortening. Combine 8 oz sugar and 2½ Tbsp cinnamon with dry ingredients. Add 1 lb 12 oz raisins to mixture after margarine has been mixed in. When baked, ice with Powdered Sugar Glaze (p. 196).
- **Drop Biscuits.** Increase milk to 2 qt. Drop by spoon or No. 30 dipper onto greased baking sheets.

- **Orange Biscuits.** Proceed as for Butterscotch Biscuits. Spread with orange marmalade.
- **Raisin Biscuits.** Reduce shortening to 14 oz and use ½ cup less milk; add 4 whole eggs, beaten, 3 Tbsp grated orange rind, 8 oz sugar, and 8 oz chopped raisins.
- **Scotch Scones.** Add 10 oz sugar and 7 oz currants to dry ingredients. Add 5 eggs, beaten, mixed with the milk. Cut dough in squares and then cut diagonally to form triangles. Brush lightly with milk before baking. (See Exhibit V in the color insert.)
- **Shortcake.** Increase shortening to 1 lb 12 oz. Add 8 oz sugar.
- **Whole Wheat Biscuits.** Substitute 2 lb whole wheat flour for 2 lb all-purpose flour.

BASIC MUFFINS (CAKE METHOD)

Yield: 50 3-oz muffins or 70 2¼-oz muffins
Oven: 350°F *Bake:* 18–20 minutes

Ingredient	*Amount*	*Procedure*
Sugar, granulated Shortening	1 lb 3 oz 14 oz	Cream sugar and shortening until fluffy, about 10 minutes, using flat beater.
Eggs	5 (9 oz)	Add eggs slowly to creamed mixture. Mix until blended. Scrape sides of bowl.
Flour, all-purpose Baking powder Salt	3 lb 3 oz 3 oz 1 Tbsp	Combine dry ingredients.
Milk Vanilla	1½ qt 1 Tbsp	Add milk and vanilla alternately with dry ingredients to creamed mixture. Do not overmix.
		Grease bottoms of muffin pans or line with paper baking cups. Portion batter into pans with No. 12 dipper for 3-oz muffins or No. 16 dipper for 2¼-oz muffins. Bake at 350°F for 18–20 minutes.

Approximate nutritive values per portion **Calories** 245

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 10 g	**15%**	**Cholest.** 26 mg	**9%**	**Total Carb.** 35 g	**12%**	**Vitamin A**	**2%**	**Calcium**	**14%**
Sat. Fat 3 g	**14%**	**Sodium** 320 mg	**13%**	Fiber 1 g	**3%**	**Vitamin C**	**0%**	**Iron**	**7%**
Protein 5 g				Sugars 12 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- 6 oz nonfat dry milk and 1½ qt water may be substituted for fluid milk. Combine dry milk with flour.

Variations

- **Chocolate Chip Muffins.** Add 1 lb chocolate chips to batter.
- **Coconut Muffins.** Add 1 lb flaked coconut to batter.
- **Honey Streusel Topping for Muffins.** Combine 8 oz brown sugar, 8 oz margarine or butter, 2 Tbsp honey, and ¼ tsp salt. Stir in 1 lb all-purpose flour. Sprinkle on top of muffins before baking.
- For other variations, see Basic Muffins (Muffin method), p. 112.

BASIC MUFFINS (MUFFIN METHOD)

Yield: 50 muffins *Portion:* 2¼ oz
Oven: 400°F *Bake:* 20–25 minutes

Ingredient	*Amount*	*Procedure*
Flour, all-purpose Baking powder Salt Sugar, granulated	2 lb 8 oz 2 oz 1 Tbsp 6 oz	Combine dry ingredients in mixer bowl. Blend on low speed for 10 seconds, using flat beater.
Eggs, beaten Milk Oil or melted shortening	4 (7 oz) 1½ qt 8 oz (1 cup)	Combine eggs, milk, and melted shortening. Add to dry ingredients. Mix on low speed only long enough to blend, about 15 seconds. Batter will still be lumpy.
		Portion batter with No. 16 dipper into greased muffin pans, about ⅔ full. Batter should be dipped all at once with as little handling as possible. The dipped muffin batter may be refrigerated for up to 24 hours and baked as needed. See Notes. Bake at 400°F for 20–25 minutes, or until golden brown. Remove muffins from pans as soon as baked.

Approximate nutritive values per portion **Calories** 161

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 6 g	**9%**	**Cholest.** 21 mg	**7%**	**Total Carb.** 22 g	**7%**	**Vitamin A**	**1%**	**Calcium**	**11%**
Sat. Fat 2 g	**10%**	**Sodium** 261 mg	**11%**	Fiber 1 g	**2%**	**Vitamin C**	**0%**	**Iron**	**6%**
Protein 4 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- 6 oz nonfat dry milk and 1½ qt water may be substituted for fluid milk. Combine dry milk with other dry ingredients. Increase fat to 9 oz.
- No. 24 dipper yields 6½ dozen muffins.
- For best results, bake muffins immediately. If refrigerated, let come to room temperature before baking or they will have peaks formed or exploding tops.
- If adding acidic fruits, bake immediately. Acidic fruits will affect the leavening action.

Variations

- **Apple Muffins.** Add 1 lb chopped, peeled apples. Fold into batter.
- **Apricot Muffins.** Add 1 lb cooked apricots, drained and chopped. Fold into batter.
- **Blueberry Muffins.** Carefully fold 1 lb well-drained blueberries into the batter. Increase sugar to 10 oz. Bake immediately.
- **Cherry Muffins.** Add 1 lb well-drained, cooked cherries. Fold into batter.
- **Cornmeal Muffins.** Substitute 1 lb white cornmeal for 1 lb flour.
- **Cranberry Muffins.** Sprinkle 4 oz granulated sugar over 1 lb chopped raw cranberries. Fold into batter. Bake immediately.
- **Currant Muffins.** Add 8 oz chopped currants. Fold into batter.
- **Date Muffins.** Add 1 lb chopped dates. Fold into batter.
- **Jelly Muffins.** Drop ¼–½ tsp jelly on top of each muffin just before placing in the oven.
- **Nut Muffins.** Add 10 oz chopped nuts. Fold into batter.
- **Raisin Nut Muffins.** Add 6 oz chopped nuts and 6 oz chopped raisins. Fold into batter.
- **Spiced Muffins.** Add 1½ tsp cinnamon, 1 tsp ginger, and ½ tsp allspice to dry ingredients.
- **Whole Wheat Muffins.** Substitute 12 oz whole wheat flour for 12 oz white flour. Add ¼ cup molasses with liquid ingredients.

BANANA WHOLE WHEAT MUFFINS

Yield: 50 muffins *Portion:* 2¼ oz.
Oven: 350°F *Bake:* 35–40 minutes

Ingredient	*Amount*	*Procedure*
Sugar, granulated Shortening	1 lb 9 oz 13 oz	Cream sugar and shortening on medium speed until fluffy, using flat beater.
Eggs Vanilla	7 (12 oz) 1 Tbsp	Add eggs and vanilla to creamed mixture and mix thoroughly. Scrape sides of bowl.
Bananas, mashed	2 lb 11 oz	Add bananas. Mix on medium speed for 10 minutes.
Flour, whole wheat Flour, all-purpose Baking soda Salt	10 oz 1 lb 8 oz 3½ tsp 1½ tsp	Combine dry ingredients. Add to banana mixture. Mix on low speed only until blended. Scrape sides of bowl as needed. Portion batter into greased muffin pans with No. 16 dipper. Bake at 350°F for 35–40 minutes.

Approximate nutritive values per portion **Calories** 224

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 8 g	**13%**	**Cholest.** 29 mg	**10%**	**Total Carb.** 35 g	**12%**	**Vitamin A**	**1%**	**Calcium**	**0%**
Sat. Fat 2 g	**11%**	**Sodium** 161 mg	**7%**	Fiber 1 g	**4%**	**Vitamin C**	**3%**	**Iron**	**5%**
Protein 3 g				Sugars 18 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variation

- **Banana Muffins.** Delete whole wheat flour. Increase all-purpose flour to 2 lb 2 oz.

OATMEAL MUFFINS

Yield: 50 muffins *Portion:* 2¼ oz
Oven: 400°F *Bake:* 15–20 minutes

Ingredient	*Amount*	*Procedure*
Rolled oats Buttermilk	14 oz 1¼ qt	Combined rolled oats and buttermilk in mixer bowl. Let stand 1 hour.
Eggs, beaten Sugar, brown Oil or melted shortening	5 (9 oz) 1 lb 4 oz 1 lb	Combine eggs, sugar, and shortening. Add to rolled-oat mixture. Mix 30 seconds. Scrape sides of bowl.
Flour, all-pupose Baking powder Salt Baking soda	1 lb 4 oz 5 tsp 2½ tsp 2½ tsp	Combine dry ingredients. Add to rolled-oat mixture. Mix on low speed only until dry ingredients are moistened, about 15 seconds.
		Portion batter with No. 16 dipper into greased muffin pans (⅔ full). Bake at 400°F for 15–20 minutes. Remove from pans as soon as baked.

Approximate nutritive values per portion **Calories** 213

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total fat 10 g	**16%**	**Cholest.** 23 mg	**8%**	**Total Carb.** 26 g	**9%**	**Vitamin A**	**1%**	**Calcium**	**6%**
Sat. Fat 3 g	**13%**	**Sodium** 236 mg	**10%**	Fiber 0.3 g	**1%**	**Vitamin C**	**0%**	**Iron**	**6%**
Protein 4 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes
- 4 oz dry buttermilk and 1¼ qt water may be substituted for liquid buttermilk.
- Flavor may be varied by the addition of 1 tsp cinnamon to the dry ingredients.
- No. 24 dipper yields 7 dozen muffins.

Variation
- **Oatmeal Fruit Muffins.** Add 1 lb raisins, chopped dates, or other fruit. Fold into batter.

POPPY SEED–YOGURT MUFFINS

Yield: 50 muffins *Portion:* 2¼ oz
Oven: 400°F *Bake:* 18–22 minutes

Ingredient	*Amount*	*Procedure*
Flour, all-purpose Poppy seeds Salt Baking soda	2 lb 8 oz ¼ cup 2 tsp 3½ tsp	Blend. Set aside for later step.
Sugar, granulated Margarine	1 lb 12 oz 12 oz	Cream sugar and margaine on medium speed until light and fluffy, using flat beater.
Eggs Vanilla Lemon juice	1 lb (9) 4 tsp 1½ tsp	Combine and add gradually to creamed mixture. Mix until smooth.
Yogurt, plain	2 lb 3 oz	Add yogurt alternately with dry ingredients from first step, blending after each addition. Portion into prepared muffin pans, using No. 16 dipper. Bake at 400°F for 18–22 minutes. Cool briefly before removing from pans.

Approximate nutritive values per portion — **Calories** 222

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 7 g	11%	**Cholest.** 38 mg	13%	**Total Carb.** 35 g	12%	**Vitamin A**	8%	**Calcium**	5%
Sat. Fat 1 g	7%	**Sodium** 273 mg	11%	Fiber 1 g	3%	**Vitamin C**	0%	**Iron**	6%
Protein 5 g				Sugars 16 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variation

- **Glazed Poppy Seed–Yogurt Muffins.** Combine ¾ cup lemon juice and 2 Tbsp granulated sugar. Brush on baked muffins.

FRENCH BREAKFAST PUFFS

Yield: 50 puffs *Portion:* 2¼ oz
Oven: 350°F *Bake:* 20–25 minutes

Ingredient	*Amount*	*Procedure*
Margarine Sugar, granulated	1 lb 2 oz 1 lb 10 oz	Cream margarine and sugar on medium speed until light and fluffy, using flat beater.
Eggs	6 (10 oz)	Add eggs to creamed mixture. Blend on low speed, then beat on medium speed for 3–5 minutes.
Flour, all-purpose Baking powder Salt Nutmeg, ground Nonfat dry milk	2 lb 8 oz 2½ Tbsp 1 Tbsp 1½ tsp 3 oz	Combine dry ingredients.
Water	3⅓ cups	Add dry ingredients and water alternately, on low speed, to creamed mixture.
		Portion batter into greased muffin pans with No. 16 dipper. Bake at 350°F for 20–25 minutes.
Sugar, granulated Cinnamon, ground	1 lb 10 oz 2 Tbsp	Mix sugar and cinnamon.
Margarine, melted	1 lb 4 oz	When muffins are baked, remove from pans. Roll in melted margarine, then in sugar-cinnamon mixture.

Approximate nutritive values per portion **Calories** 368

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total fat 18 g	**28%**	**Cholest.** 24 mg	**8%**	**Total Carb.** 48 g	**16%**	**Vitamin A**	**8%**	**Calcium**	**6%**
Sat. Fat 4 g	**18%**	**Sodium** 393 mg	**16%**	Fiber 1 g	**2%**	**Vitamin C**	**0%**	**Iron**	**7%**
Protein 4 g				Sugars 30 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- 3½ cups fluid milk may be used in place of the nonfat dry milk and water.
- For small, tea-sized muffins, dip batter with No. 40 dipper into small (1½-inch) muffin pans.

Variations

- **Apple Nut Muffins.** Add 1 lb chopped apples and 8 oz chopped nuts.
- **Plain Cake Muffins.** Delete nutmeg. Do not roll in sugar and cinnamon.

BISHOP'S BREAD

Yield: 64 portions or 2 pans 12 × 18 × 2 inches *Portion:* 3 × 2¼ inches
Oven: 365°F *Bake:* 35–45 minutes

Ingredient	Amount	Procedure
Shortening Sugar, brown	1 lb 3 lb 2 oz	Cream shortening and sugar on medium speed for 5 minutes, using flat beater.
Flour, all-purpose Salt Cinnamon, ground	2 lb 14 oz 2 tsp 1 Tbsp	Combine flour, salt, and cinnamon. Add to creamed mixture and mix until well blended. Remove 1 lb 12 oz of the mixture to sprinkle on top later.
Flour, all-purpose Baking powder Baking soda	1 lb 2 oz 5 tsp 1½ tsp	Combine flour, baking powder, and soda.
Eggs, beaten Buttermilk	5 (9 oz) 1½ qt	Combine eggs and buttermilk. Add alternately with dry ingredients to creamed mixture. Scrape sides of bowl. Mix on low speed about 30 seconds. (Batter will not be smooth.)
		Scale batter into two greased 12 × 18 × 2-inch baking pans, 5 lb per pan. Sprinkle 14 oz of the reserved topping over batter in each pan. Bake at 365°F for 35–45 minutes. Cut 4 × 8.

Approximate nutritive values per portion **Calories** 265

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 8 g	**12%**	**Cholest.** 18 mg	6%	**Total Carb.** 44 g	**15%**	**Vitamin A**	**0%**	**Calcium**	**6%**
Sat. Fat 2 g	**10%**	**Sodium** 157 mg	**7%**	Fiber 1 g	**3%**	**Vitamin C**	**0%**	**Iron**	**10%**
Protein 4 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- May be baked in one 18 × 26 × 2-inch pan. Cut 6 × 10 for 60 portions 3 × 2½ inches.
- 4 oz dry buttermilk and 1 qt water may be substituted for fluid buttermilk.

BLUEBERRY COFFEE CAKE

Yield: 64 portions or 2 pans 12 × 18 × 2 inches *Portion:* 3 × 2¼ inches
Oven: 350°F *Bake:* 45 minutes

Ingredient	Amount	Procedure
Sugar, brown Sugar, granulated Flour, all-purpose Cinnamon, ground Margarine, soft	12 oz 4 oz 4 oz 2 tsp 4 oz	Combine sugars, flour, cinnamon, and margarine. Mix on low speed to a coarse crumb consistency, about 5 minutes, using flat beater. Set aside for final step.
Shortening Sugar, granulated	14 oz 2 lb 10 oz	Cream shortening and sugar on medium speed for about 10 minutes.
Eggs	7 (12 oz)	Add eggs to creamed mixture and continue mixing, 3–5 minutes.
Flour, all-purpose Baking powder Salt	3 lb 6 oz 2 oz 1 Tbsp	Combine flour, baking powder, and salt.
Milk	3½ cups	Add dry ingredients and milk alternately to creamed mixture. Mix on low speed for 3 minutes. Scrape sides of bowl. Mix on medium speed 10 seconds.
Blueberries, frozen or canned (well-drained and rinsed)	2 lb	Carefully fold blueberries into batter. (Berries may be sprinkled on top of batter.)
		Scale into two greased 12 × 18 × 2-inch baking pans, 4 lb 12 oz per pan. Crumble topping mixture evenly over top of batter, 10 oz per pan. Bake at 350°F for 45 minutes. Cut 4 × 8.

Approximate nutritive values per portion **Calories** 220

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 9 g	**14%**	**Cholest.** 24 mg	**8%**	**Total Carb.** 31 g	**10%**	**Vitamin A**	**2%**	**Calcium**	**8%**
Sat. Fat 2 g	**12%**	**Sodium** 222 mg	**9%**	Fiber 1 g	**3%**	**Vitamin C**	**0%**	**Iron**	**8%**
Protein 4 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- May be baked in one 18 × 26 × 2-inch pan. Cut 6 × 10 for 60 portions 3 × 2½ inches.
- 3 oz nonfat dry milk and 3½ cups water may be substituted for fluid milk. Add dry milk to other dry ingredients. Increase shortening to 15 oz.
- After cake is baked, thin Powdered Sugar Glaze (p. 196) may be drizzled in a fine stream over the top to form an irregular design.
- Recipe can be used for blueberry muffins. Sprinkle blueberries on top.

DUTCH APPLE COFFEE CAKE

Yield: 64 portions or 2 pans 12 × 20 × 2-inch *Portion:* 3 × 2½ inches
Oven: 365°F *Bake:* 50–60 minutes

Ingredient	*Amount*	*Procedure*
Sugar, granulated Shortening Eggs	2 lb 8 oz 12 oz 8 (14 oz)	Cream sugar, shortening, and eggs on medium speed for 10 minutes, using flat beater.
Flour, all-purpose Baking powder Salt	2 lb 8 oz 2 oz 2 tsp	Combine dry ingredients and mix until well blended.
Milk	1 qt	Add milk and dry ingredients alternately to creamed mixture. Mix on low speed for 3 minutes. Scrape sides of bowl. Mix on medium speed for 10 seconds.
Apples, frozen or canned Margarine, melted Sugar, granulated Cinnamon, ground	2 lb 8 oz 2 oz 1 lb 2 oz 2 Tbsp	Drain apples and chop. Combine with margarine, sugar, and cinnamon.
		Scale batter into two greased 12 × 20 × 2-inch baking pans, 4 lb 6 oz per pan. Spread 1 lb 14 oz apple mixture over batter in each pan. Bake at 365°F for 50–60 minutes. Cut 4 × 8.

Approximate nutritive values per portion **Calories** 246

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 7 g	**11%**	**Cholest.** 28 mg	**9%**	**Total Carb.** 43 g	**14%**	**Vitamin A**	**2%**	**Calcium**	**8%**
Sat. Fat 2 g	**10%**	**Sodium** 180 mg	**8%**	Fiber 1 g	**3%**	**Vitamin C**	**0%**	**Iron**	**5%**
Protein 3 g				Sugars 26 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Cake batter may be mixed and panned the day before using. Refrigerate overnight, then add topping and bake.
- 4 oz nonfat dry milk and 1 qt water may be substituted for fluid milk.

COFFEE CAKE

Yield: 64 portions or 2 pans 12 × 18 × 2 inches *Portion:* 3 × 2¼ inches
Oven: 350°F *Bake:* 25 minutes

Ingredient	Amount	Procedure
Margarine Sugar, granulated Flour, all-purpose Cinnamon, ground Salt	10 oz 1 lb 4 oz 3 oz 1 oz 1½ tsp	Place margarine, sugar, flour, cinnamon, and salt in mixer bowl. Mix on low speed until crumbly, using flat beater. Set aside, to be used later as topping.
Flour, all-purpose Baking powder Sugar, granulated Salt	3 lb 6 oz 2 oz 2 lb 1⅔ Tbsp	Combine dry ingredients in mixer bowl.
Eggs, beaten Milk	6 (10 oz) 1¼ qt	Combine eggs and milk. Add to dry ingredients. Mix on low speed until dry ingredients are just moistened.
Shortening, melted and cooled	1 lb 10 oz	Add shortening and mix on low speed for 1 minute.
		Scale dough into two greased 12 × 18 × 2-inch baking pans, 4 lb 2 oz per pan. Sprinkle with reserved topping mixture, 1 lb per pan. Bake at 350°F for 25 minutes or until done. Cut 4 × 8.

Approximate nutritive values per portion **Calories** 335

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 16 g	**25%**	**Cholest.** 21 mg	**7%**	**Total Carb.** 44 g	**15%**	**Vitamin A**	**2%**	**Calcium**	**9%**
Sat. Fat 4 g	**21%**	**Sodium** 363 mg	**15%**	Fiber 1 g	**3%**	**Vitamin C**	**0%**	**Iron**	**7%**
Protein 4 g				Sugars 24 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- 5 oz nonfat dry milk and 1¼ qt water may be substituted for the fluid milk. Combine dry milk with other dry ingredients. Increase shortening to 1 lb 12 oz.
- May be baked in one 18 × 26 × 2-inch pan. Cut 6 × 10 for 60 portions 3 × 2½ inches.
- If used for breakfast, may be mixed and panned the day before. Refrigerate until morning, then bake. Allow 5–10 minutes extra time because batter will be cold.

WALNUT COFFEE CAKE

Yield: 4 cakes *Portion:* 16 slices per cake
Oven: 350°F *Bake:* 45–50 minutes

Ingredient	*Amount*	*Procedure*
Sugar, granulated Margarine	3 lb 1 lb	Cream sugar and margarine on medium speed until light and fluffy, using flat beater.
Eggs Vanilla	16 (1 lb 12 oz) 1 Tbsp	Add eggs slowly to creamed mixture, beating well after each addition. Add vanilla.
Flour, all-purpose Baking powder Salt	3 lb 4 Tbsp 2 tsp	Mix flour, baking powder, and salt together.
Milk	1 qt	Add milk alternately with dry ingredients to creamed mixture. Combine thoroughly after each addition.
Sugar, brown Margarine Flour, all-purpose Cinnamon, ground Walnuts, chopped	2 lb 4 oz 2 oz 1 Tbsp 1 lb	Combine brown sugar, margarine, flour, cinnamon, and walnuts for crumb mixture.
		Scale 1 lb 4 oz batter into each of 4 greased 10-inch tube pans. Sprinkle 6 oz crumb mixture over batter. Spread with 1 lb 4 oz batter. Top with 6 oz crumb mixture. Bake at 350°F for 45–50 minutes. Cool slightly. Remove from pans. Ice with Powdered Sugar Glaze (p. 196) if desired. Slice 16 servings per cake.

Approximate nutritive values per portion **Calories** 350

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total fat 13 g	**20%**	**Cholest.** 54 mg	**18%**	**Total Carb.** 54 g	**18%**	**Vitamin A**	**12%**	**Calcium**	**8%**
Sat. Fat 2 g	**11%**	**Sodium** 193 mg	**8%**	Fiber 1 g	**4%**	**Vitamin C**	**0%**	**Iron**	**9%**
Protein 6 g				Sugars 21 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note • 4 oz nonfat dry milk and 1 qt water may be substituted for the fluid milk.

CORN BREAD

Yield: 64 portions or 2 pans 12 × 18 × 2 inches *Portion:* 3 × 2¼ inches
Oven: 350°F *Bake:* 35 minutes

Ingredient	*Amount*	*Procedure*
Cornmeal, yellow Flour, all-purpose Baking powder Salt Sugar, granulated	2 lb 3 oz 2 lb 5 oz 3½ oz 2½ Tbsp 10 oz	Combine dry ingredients in mixer bowl. Blend on low speed, using flat beater.
Eggs, beaten Milk Shortening, melted and cooled	9 (1 lb) 1¾ qt 10 oz	Combine eggs, milk, and shortening. Add to dry ingredients. Mix on low speed only until dry ingredients are moistened.
		Scale batter into two greased 12 × 18 × 2-inch baking pans, 5 lb per pan. Bake at 350°F for 35 minutes. Cut 4 × 8.

Approximate nutritive values per portion **Calories** 196

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total fat 7 g	10%	**Cholest.** 34 mg	11%	**Total Carb.** 30 g	10%	**Vitamin A**	3%	**Calcium**	13%
Sat. Fat 2 g	10%	**Sodium** 432 mg	18%	Fiber 3 g	11%	**Vitamin C**	0%	**Iron**	7%
Protein 5 g				Sugars 6 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- 7 oz nonfat dry milk and 1¾ qt water may be substituted for fluid milk. Mix dry milk with other dry ingredients. Increase shortening to 11 oz.
- May be baked in one 18 × 26 × 2-inch pan. Cut 6 × 10 for 60 portions 3 × 3½ inches.
- May be baked in corn stick or muffin pans. Reduce baking time to 15–20 minutes.
- White cornmeal may be used.

SPOON BREAD

Yield: 50 portions or 2 pans 12 × 20 × 2 inches *Portion:* 4 oz
Oven: 350°F *Bake:* 45–60 minutes

Ingredient	*Amount*	*Procedure*
Milk	5¾ qt	Scald milk by heating to point just below boiling.
Cornmeal, yellow Salt	1 lb 12 oz 1 oz (1½ Tbsp)	Add cornmeal and salt to milk, stirring briskly with a wire whip. Cook 10 minutes, or until thick.
Eggs, beaten Margarine, melted Baking powder	25 (2 lb 12 oz) 6 oz 2 oz	Add eggs slowly to cornmeal mixture, while stirring. Add margarine and baking powder to cornmeal mixture. Stir to blend.
		Pour batter into two greased 12 × 20 × 2-inch baking pans, 8 lb per pan. Place in pans of hot water. Bake at 250°F for 45–60 minutes or until set.

Approximate nutritive values per portion									**Calories** 190
Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total fat 10g	**15%**	**Cholest.** 122 mg	**41%**	**Total Carb.** 18 g	**6%**	**Vitamin A**	**10%**	**Calcium**	**22%**
Sat. Fat 4 g	**19%**	**Sodium** 430 mg	**18%**	Fiber 2 g	**10%**	**Vitamin C**	**1%**	**Iron**	**5%**
Protein 8 g				Sugars 6 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Serve with crisp bacon, Creamed Chicken (p. 450), or Creamed Ham (p. 355).

BOSTON BROWN BREAD

Yield: 64 portions or 8 round loaves, 3¼ × 4½ inches *Portion:* ½-inch slice
Steam Pressure: 5 lb *Steam:* 1¼–1½ hours

Ingredient	*Amount*	*Procedure*
Cornmeal, yellow Flour, whole wheat Flour, all-purpose Salt Baking soda	1 lb 12 oz 12 oz 1 oz (1½ Tbsp) 1½ Tbsp	Combine dry ingredients in mixer bowl. Blend on low speed for 10 seconds, using flat beater.
Buttermilk Molasses	1½ qt 2¼ cups	Blend buttermilk and molasses. Add all at once to dry ingredients. Mix on low speed only until ingredients are blended.
		Fill eight greased 3¼ × 4½-inch cans ¾ full. Cover tightly with aluminum foil. Steam for 1¼–1½ hours. Cut eight slices per loaf.

Approximate nutritive values per portion									**Calories** 99
Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total fat 1 g	**1%**	**Cholest.** 1 mg	**0.3%**	**Total Carb.** 21 g	**7%**	**Vitamin A**	**0%**	**Calcium**	**10%**
Sat. Fat 0.2 g	**0.9%**	**Sodium** 275 mg	**11%**	Fiber 1 g	**6%**	**Vitamin C**	**0%**	**Iron**	**14%**
Protein 2 g				Sugars 6 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- 12 oz raisins may be added.
- May be baked as loaves. Add 3 Tbsp melted fat. Scale into three 5 × 9-inch loaf pans, 2 lb 8 oz per pan. Bake at 375°F for 1 hour.

NUT BREAD

Yield: 80 portions or 5 loaves 5 × 9 inches *Portion:* ½-inch slice
Oven: 350°F *Bake:* 50 minutes

Ingredient	Amount	Procedure
Flour, all-purpose Baking powder Salt Sugar, granulated Pecans or walnuts, chopped	3 lb 1 oz 1 Tbsp 1 lb 8 oz 1 lb	Combine dry ingredients and nuts in mixer bowl. Mix on low speed until blended, using flat beater.
Eggs, beaten Milk Oil or melted shortening	6 (10 oz) 1½ qt 4 oz	Combine eggs, milk, and shortening. Add to dry ingredients. Mix on low speed only until blended.
		Scale batter into five greased loaf pans (5 × 9 × 2¾ inches), approximately 1 lb 14 oz per pan. Bake at 350°F for about 50 minutes. Cut 16 slices per loaf.

Approximate nutritive values per portion **Calories** 159

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 6 g	9%	**Cholest.** 18 mg	6%	**Total Carb.** 23 g	8%	**Vitamin A**	1%	**Calcium**	5%
Sat. Fat 1 g	5%	**Sodium** 129 mg	5%	Fiber 1 g	3%	**Vitamin C**	0%	**Iron**	5%
Protein 4 g				Sugars 10 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- 5 oz nonfat dry milk and 1½ qt water may be substituted for fluid milk. Combine dry milk with other dry ingredients. Increase shortening to 6 oz.

DATE NUT BREAD

Yield: 64 portions or 4 loaves 5 × 9 inches *Portion:* ½-inch slice
Oven: 350°F *Bake:* 50 minutes

Ingredient	Amount	Procedure
Dates, chopped Baking soda Water, boiling	1 lb 8 oz 1½ Tbsp 3¼ cups	Add water and soda to dates. Let stand 20 minutes.
Shortening Sugar, granulated	3 oz 1 lb 12 oz	Cream shortening and sugar on medium speed for 5 minutes, using flat beater.
Eggs Vanilla	4 (7 oz) 1½ Tbsp	Add eggs and vanilla to creamed mixture. Mix on medium speed for 2 minutes.
Flour, all-purpose Salt Pecans or walnuts, chopped	2 lb 1½ tsp 8 oz	Combine flour, salt, and nuts. Add alternately with dates to creamed mixture. Scale batter into four greased loaf pans (5 × 9 × 2¾ inches), approximately 2 lb per pan. Bake at 350°F for about 50 minutes. Cut 16 slices per loaf.

Approximate nutritive values per portion									**Calories** 168
Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total fat 4 g	6%	**Cholest.** 13 mg	4%	**Total Carb.** 32 g	11%	**Vitamin A**	0%	**Calcium**	0%
Sat. Fat 1 g	3%	**Sodium** 144 mg	6%	Fiber 1 g	6%	**Vitamin C**	0%	**Iron**	5%
Protein 3 g				Sugars 19 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

BANANA NUT BREAD

Yield: 64 portions or 4 loaves 5 × 9 inches *Portion:* ½-inch slice
Oven: 350°F *Bake:* 50 minutes

Ingredient	*Amount*	*Procedure*
Margarine Sugar, granulated	10 oz 1 lb 10 oz	Cream margarine and sugar on medium speed for 5 minutes, using flat beater.
Eggs	5 (9 oz)	Add eggs to creamed mixture. Beat 2 minutes.
Bananas, mashed	1 lb 10 oz	Add bananas. Beat 1 minute.
Flour, all-purpose Baking powder Salt Baking soda Pecans or walnuts, chopped	2 lb 4 Tbsp 2 tsp ½ tsp 8 oz	Combine dry ingredients and nuts.
Milk	¾ cup	Add dry ingredients and milk to creamed mixture. Mix on low speed for 1 minute.
		Scale batter into four greased loaf pans (5 × 9 × 2¾ inches), approximately 2 lb per pan. Bake at 350°F for 50 minutes. Cut 16 slices per loaf.

Approximate nutritive values per portion									**Calories** 171
Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total fat 7 g	10%	**Cholest.** 17 mg	6%	**Total Carb.** 26 g	9%	**Vitamin A**	2%	**Calcium**	4%
Sat. Fat 1 g	6%	**Sodium** 175 mg	7%	Fiber 1 g	3%	**Vitamin C**	1%	**Iron**	4%
Protein 2 g				Sugars 14 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

CRANBERRY NUT BREAD

Yield: 80 portions or 5 loaves 5 × 9 inches *Portion:* ½-inch slice
Oven: 350°F *Bake:* 50 minutes

Ingredient	*Amount*	*Procedure*
Cranberries, raw Orange peel	1 lb 4 oz 7 oz	Wash and sort cranberries. Coarsely grind cranberries and orange peel.
Flour, all-purpose Sugar, granulated Baking powder Salt Baking soda	2 lb 8 oz 2 lb 4 oz 1 oz 2 tsp 2 tsp	Combine dry ingredients in mixer bowl. Blend on low speed for 10 seconds or until mixed, using flat beater.
Eggs, beaten Orange juice Water Vegetable oil	5 (9 oz) 1½ cups 3¾ cups ½ cup	Combine and add to dry ingredients. Mix on low speed only until dry ingredients are moistened.
Pecans or walnuts, chopped	1 lb	Add nuts and cranberry mixture to batter. Mix on low speed until blended. Batter may be lumpy.
		Scale batter into five greased loaf pans (5 × 9 × 2¾ inches), approximately 2 lb per pan. Bake at 350°F for about 50 minutes. Cut 16 slices per loaf.

Approximate nutritive values per portion **Calories** 164

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total fat 6 g	**9%**	**Cholest.** 14 mg	**5%**	**Total Carb.** 27 g	**9%**	**Vitamin A**	**0%**	**Calcium**	**3%**
Sat. Fat 1 g	**4%**	**Sodium** 125 mg	**5%**	Fiber 1 g	**5%**	**Vitamin C**	**10%**	**Iron**	**4%**
Protein 2 g				Sugars 13 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

PUMPKIN BREAD

Yield: 80 portions or 5 loaves 5 × 9 inches *Portion:* ½-inch slice
Oven: 350°F *Bake:* 50 minutes

Ingredient	*Amount*	*Procedure*
Sugar, granulated Vegetable oil Pumpkin, canned Eggs	2 lb 12 oz 2 cups 2 lb 6 oz 9 (15 oz)	Combine sugar, oil, pumpkin, and eggs in mixer bowl. Cream on medium speed for 10 minues, using flat beater. Scrape sides of bowl and beater.
Flour, all-purpose Baking soda Baking powder Salt Cinnamon, ground Nutmeg, ground	2 lb 2 oz 4 tsp 2 tsp 1 Tbsp 1 Tbsp 1 tsp	Combine dry ingredients.
Water	1¼ cups	Add dry ingredients and water alternately to creamed mixture. Mix 3 minutes on low speed. Scrape sides of bowl.
		Scale batter into five greased loaf pans (5 × 9 × 2¾ inches), approximately 1 lb 15 oz per pan. Bake at 350°F for 50 minutes or until done. Cool 30 minutes before removing from pans. Cut 16 slices per loaf.

Approximate nutritive values per portion **Calories** 165

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total fat 6 g	**9%**	**Cholest.** 23 mg	**8%**	**Total Carb.** 26 g	**9%**	**Vitamin A**	**30%**	**Calcium**	**1%**
Sat. Fat 2 g	**8%**	**Sodium** 158 mg	**7%**	Fiber 1 g	**3%**	**Vitamin C**	**0%**	**Iron**	**4%**
Protein 2 g				Sugars 15 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note
- 8 oz raisins or chopped nuts may be added.

PANCAKES

Yield: 7 qt batter of 100 cakes (50 portions) *Portion:* 2 4-inch cakes

Ingredient	*Amount*	*Procedure*
Flour, all-purpose Baking powder Salt Sugar, granulated	4 lb 8 oz 4 oz 2 Tbsp 12 oz	Place dry ingredients in mixer bowl. Mix on low speed until well blended, using flat beater.
Eggs	12 (1 lb 5 oz)	In another bowl, beat eggs until light.
Milk Shortening, melted and cooled, or vegetable oil	3½ qt 12 oz	Add milk and melted shortening to eggs. Add to dry ingredients. Mix on low speed for 30 seconds. If necessary, thin with milk. Refrigerate batter, removing from refrigerator small amounts as needed. Use No. 16 dipper to place batter on griddle, which has been preheated to 350°F. Cook until surface of cake is full of bubbles and golden brown. Turn pancakes and finish cooking.

Approximate nutritive values per portion **Calories** 297

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 11 g	16%	**Cholest.** 60 mg	20%	**Total Carb.** 42 g	14%	**Vitamin A**	4%	**Calcium**	23%
Sat. Fat 4 g	18%	**Sodium** 532 mg	22%	Fiber 1 g	4%	**Vitamin C**	1%	**Iron**	11%
Protein 8 g				Sugars 11 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Keep batter at an internal temperature below 41°F.
- 14 oz nonfat dry milk and 3½ qt water may be substituted for the fluid milk. Add dry milk to other dry ingredients. Increase shortening to 1 lb.

Variations

- **Apple Pancakes.** Add 1 lb chopped cooked apples and 1 tsp cinnamon or nutmeg.
- **Blueberry Pancakes.** Fold 1 lb individually quick frozen (IQF) blueberries or well-drained and rinsed canned blueberries carefully into batter after cakes are mixed. Handle carefully to avoid mashing berries. If a large batch is being prepared, add berries to a small portion of the batter at one time. Serve with Blueberry Syrup, p. 588.
- **Buttermilk Pancakes.** Substitute buttermilk for milk. Add 1 Tbsp baking soda to dry ingredients; 14 oz dry buttermilk and 3½ qt water may be substituted for fluid buttermilk. Add dry buttermilk and soda to other dry ingredients. Increase shortening to 1 lb.
- **Pecan Pancakes.** Add 1 lb chopped pecans.
- **Silver Dollar Pancakes.** Portion 1–2 Tbsp of batter onto hot grill and cook as directed above. Garnish with powdered sugar sprinkled on top of pancakes and fresh blueberries or raspberries.

WHOLE WHEAT PANCAKES

Yield: 2½ gal batter or 100 cakes (50 portions) *Portion:* 2 cakes
Griddle: 350°F

Ingredient	*Amount*	*Procedure*
Flour, whole wheat Flour, all-purpose Sugar, granulated Salt Baking powder Baking soda Nonfat dry milk	3 lb 2 lb 12 oz 8 oz 2 oz (3 Tbsp) 4 oz 5½ tsp 1 lb 2 oz	Combine dry ingredients in mixer bowl. Mix, using flat beater, until blended.
Vegetable oil Water Eggs	3 cups 1 gal + 2 cups 2 lb (18 eggs)	Add to dry ingredients, mixing just until large lumps disappear. Refrigerate batter, removing from refrigerator small amounts as needed. Portion batter with No. 12 dipper onto greased preheated griddle. Bake until edges start to dry and bubbles appear on top surface. Flip and bake other side.

Approximate nutritive values per portion **Calories** 383

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 16 g	**24%**	**Cholest.** 79 mg	**26%**	**Total Carb.** 49 g	**16%**	**Vitamin A**	**10%**	**Calcium**	**29%**
Sat. Fat 4 g	**21%**	**Sodium** 832 mg	**35%**	Fiber 4 g	**16%**	**Vitamin C**	**0%**	**Iron**	**13%**
Protein 12 g				Sugars 11 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Keep batter at an internal temperature below 41°F.
- 1¼ gal fluid milk may be substituted for nonfat dry milk and water. Add milk along with vegetable oil and eggs.

PANCAKE MIX

Yield: 12 lb mix

Ingredient	*Amount*	*Procedure*
Flour, all-purpose Baking powder Salt Sugar, granulated Nonfat dry milk	9 lb 8 oz ¼ cup 1 lb 8 oz 1 lb 8 oz	Combine ingredients in mixer bowl. Blend well, using flat beater or whip. Store in covered container.

Variation

- **Buttermilk Pancake Mix.** Substitute 1 lb 8 oz dry buttermilk for nonfat dry milk and add 2 Tbsp baking soda.

PANCAKES FROM MIX

Ingredient	*30 cakes*	*50 cakes*	*100 cakes*	*200 cakes*
Pancake mix	2 lb	3 lb	6 lb	12 lb
Eggs, beaten	4 (7 oz)	6 (10 oz)	12 (1 lb 5 oz)	24 (2 lb 10 oz)
Water	1 qt	1½ qt	3 qt	1½ gal
Oil or melted shortening	4 oz	6 oz	12 oz	1 lb 8 oz

To use mix:

1. Weigh appropriate amount of mix (p. 129) as given in the table.
2. Add beaten eggs, water, and cooled melted fat.
3. Stir only until mix is dampened.
4. Place on hot griddle with No. 16 dipper.
5. Cook until cake is full of bubbles. Turn and finish cooking.

WAFFLES

Yield: 6 qt batter or 50–60 waffles *Portion:* 1 waffle

Ingredient	*Amount*	*Procedure*
Flour, all-purpose Baking powder Salt Sugar, granulated	3 lb 3 oz 2 Tbsp 4 oz	Combine dry ingredients in mixer bowl. Blend on low speed for 10 seconds, using flat beater.
Egg yolks Milk Oil or melted shortening	18 (11 oz) 2¼ qt 1 lb (2 cups)	Combine egg yolks, milk, and melted shortening. Add to dry ingredients. Mix on low speed just enough to moisten dry ingredients.
Egg whites	18 (1 lb 5 oz)	Beat egg whites until stiff but not dry. Fold into batter.
		Refrigerate batter, removing from refrigerator small amounts as needed. Use No. 10 dipper to place batter on preheated waffle iron. Bake about 4 minutes.

Approximate nutritive values per portion **Calories** 223

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 12 g	18%	**Cholest.** 78 mg	26%	**Total Carb.** 23 g	8%	**Vitamin A**	12%	**Calcium**	15%
Sat. Fat 3 g	17%	**Sodium** 428 mg	18%	Fiber 1 g	3%	**Vitamin C**	0%	**Iron**	7%
Protein 6 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Keep batter at an internal temperature below 41°F.
- 9 oz nonfat dry milk and 2¼ qt water may be substituted for fluid milk. Mix dry milk with dry ingredients. Increase shortening to 1 lb 2 oz.

Variation

- **Pecan Waffles.** Add 6 oz chopped pecans.

CREPES

Yield: 50 portions or 5 qt batter *Portion:* 2 crepes

Ingredient	*Amount*	*Procedure*
Flour, all purpose Salt	2 lb 8 oz 1 oz (1½ Tbsp)	Combine flour and salt in mixer bowl.
Eggs	24 (2 lb 10 oz)	Beat eggs until fluffy.
Milk Margarine, melted	2¾ qt 6 oz	Add milk and margarine to eggs. Add to flour and mix until smooth. Batter will be thinner than pancake batter.
		Refrigerate batter, removing from refrigerator small amounts as needed. Portion batter with No. 20 (1¾ oz) dipper onto lightly greased hot griddle. Brown lightly on both sides. Crepes will roll best if they are not overbrowned. Stack, layered with waxed paper, until ready to use.

Approximate nutritive values per portion — **Calories** 176

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total fat 7 g	**11%**	**Cholest.** 109 mg	**36%**	**Total Carb.** 20 g	**7%**	**Vitamin A**	**7%**	**Calcium**	**8%**
Sat. Fat 2 g	**12%**	**Sodium** 281 mg	**12%**	Fiber 1 g	**2%**	**Vitamin C**	**0%**	**Iron**	**7%**
Protein 7 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Keep batter at an internal temperature below 41°F.
- Crepes may be folded or rolled around desired filling. (See recipe for Chicken Crepes, p. 449).
- If used for dessert crepes, add 3 Tbsp sugar to dry ingredients. Fill with fruit filling.

CAKE DOUGHNUTS

Yield: 8 dozen doughnuts *Portion:* 1 doughnut
Deep-fat fryer: 375°F *Fry:* 3–4 minutes

Ingredient	*Amount*	*Procedure*
Eggs	6 (10 oz)	Beat eggs until light.
Sugar, granulated Oil or melted shortening	1 lb 4 oz 3 oz	Add sugar and melted shortening to eggs. Mix on medium speed about 10 minutes.
Flour, all-purpose Baking powder Salt Nutmeg, ground Ginger, ground Orange peel, grated	3 lb 4 oz 3 oz 2½ tsp 2 tsp ¼ tsp 1 Tbsp	Combine dry ingredients.
Milk	1 qt	Add dry ingredients and milk alternately to egg mixture. Mix to form a soft dough. Add more flour if dough is too soft to handle. Chill.
		Roll dough to ⅜-inch thickness on floured board or table. Cut with floured 2½-inch doughnut cutter. Fry in deep fat for 3–4 minutes.
Sugar, granulated	8 oz	Sprinkle with sugar when partially cool.

Approximate nutritive values per portion (plus frying fat) **Calories** 176

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 2 g	3%	**Cholest.** 14 mg	5%	**Total Carb.** 21 g	7%	**Vitamin A**	0%	**Calcium**	7%
Sat. Fat 1 g	3%	**Sodium** 153 mg	6%	Fiber 0.4 g	2%	**Vitamin C**	0%	**Iron**	4%
Protein 2 g				Sugars 9 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- 4 oz nonfat dry milk and 1 qt water may be substituted for fluid milk. Mix dry milk with the dry ingredients. Increase shortening to 4 oz.

Variation

- **Chocolate doughnuts.** Substitute 2 oz cocoa for 2 oz flour.

DUMPLINGS

Yield: 50 portions *Portion:* 2 dumplings
Steam pressure: 5 lb *Steam:* 12–15 minutes

Ingredient	*Amount*	*Procedure*
Flour, all-purpose Baking powder Salt	2 lb 8 oz 3 oz (6 Tbsp) 2 Tbsp	Combine dry ingredients in mixer bowl. Mix on low speed until blended, using flat beater.
Eggs, beaten Milk	6 (10 oz) 5½ cups	Combine eggs and milk. Add to dry ingredients. Mix on low speed only until blended.
		Portion batter with No. 24 dipper, onto trays. Do not cover trays. Steam for 12–15 minutes.

Approximate nutritive values per portion **Calories** 109

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 2 g	3%	**Cholest.** 28 mg	9%	**Total Carb.** 19 g	6%	**Vitamin A**	2%	**Calcium**	10%
Sat. Fat 1 g	4%	**Sodium** 381 mg	16%	Fiber 1 g	2%	**Vitamin C**	0%	**Iron**	6%
Protein 4 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- 5 oz nonfat dry milk and 5½ cups water may be substituted for the fluid milk. Add dry milk to other dry ingredients.
- Serve with meat stew or stewed chicken. Mixture may be dropped onto hot meat mixture in counter pans and steamed.

Variation

- **Spaetzles (Egg Dumplings).** Use 1 lb 4 oz flour, 1 tsp baking powder, 1½ tsp salt, 6 eggs, and 3 cups milk. Mix as above. Drop small bits of dough or press through a colander into 3 gal simmering soup. Cook approximately 5 minutes. Soup must be very hot to cook dumplings.

FRENCH TOAST

Yield: 50 slices *Portion:* 1 slice

Ingredient	*Amount*	*Procedure*
Eggs	24 (2 lb 10 oz)	Beat eggs.
Milk Salt Sugar, granulated	1½ qt 1 Tbsp 4 oz	Add milk, salt, and sugar to eggs. Mix well. Refrigerate batter, removing from refrigerator small amounts as needed.
Bread slices, day old	50	Dip bread into egg mixture. Do not let bread soak. (Care should be taken to avoid getting raw eggs on the cooked food.) Fry on a well-greased griddle or in deep fat at 360°F until golden brown. Serve sprinkled with powdered sugar.

Approximate nutritive values per portion (plus frying fat) **Calories** 124

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 4 g	7%	**Cholest.** 105 mg	35%	**Total Carb.** 15 g	5%	**Vitamin A**	5%	**Calcium**	6%
Sat. Fat 1 g	7%	**Sodium** 331 mg	14%	Fiber 3 g	11%	**Vitamin C**	0%	**Iron**	6%
Protein 6 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. Keep batter at an internal temperature below 41°F.

Variations

- **Batter-Fried French Toast.** Use 1-inch-thick bread slices. Cut into triangles or leave whole. Dip in mixture made from 18 eggs (2 lb), 1¼ qt milk, ⅓ cup vegetable oil, 2 lb 8 oz all-purpose flour, 1 oz (1½ Tbsp) salt, and 1 oz (2⅓ Tbsp) baking powder. Fry in deep fat at 350°–375°F until golden brown. Dredge in powdered sugar. Serve with warm maple syrup.
- **Cinnamon French Toast.** Add 1 tsp cinnamon to egg mixture.

FRITTERS

Yield: 50 portions *Portion:* 2 fritters
Deep-fat fryer: 375°F *Fry:* 4–6 minutes

Ingredient	Amount	Procedure
Flour, all-purpose Baking powder Salt Sugar, granulated	4 lb 4 oz 1 Tbsp 2 oz	Combine dry ingredients in mixer bowl. Mix on low speed for 10 seconds or until mixed, using flat beater.
Eggs, beaten Milk Oil or melted shortening	12 (1 lb 5 oz) 2 qt 6 oz (3/4 cup)	Combine eggs, milk, and melted shortening. Add to dry ingredients. Mix only enough to moisten dry ingredients.
		Portion batter with No. 30 dipper into hot deep fat. Fry at 375°F for 4–6 minutes. Serve with syrup.

Approximate nutritive values per portion (plus frying fat) **Calories** 211

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 6 g	**10%**	**Cholest.** 56 mg	**19%**	**Total Carb.** 31 g	**10%**	**Vitamin A**	**3%**	**Calcium**	**20%**
Sat. Fat 2 g	**10%**	**Sodium** 390 mg	**16%**	Fiber 1 g	**4%**	**Vitamin C**	**0%**	**Iron**	**10%**
Protein 7 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Keep batter at an internal temperature below 41°F.
- 8 oz nonfat dry milk and 2 qt water may be substituted for fluid milk. Add dry milk to other ingredients.

Variations

- **Apple Fritters.** Add 3 lb tart raw apple, peeled and finely chopped, and 1 tsp cinnamon (optional).
- **Banana Fritters.** Add 3 lb bananas, mashed.
- **Corn Fritters.** Add 2 qt whole kernel corn, drained.
- **Fruit Fritters.** Add 1 qt drained fruit: peach, pineapple, or other fruit.
- **Green Chili Fritters.** Add 2 lb 8 oz chopped green chilies, drained. Serve with nacho sauce (Nachos, p. 80). Make 1/4 recipe.

CHEESE STRAWS

Yield: 6 dozen 4 × 1-inch straws
Oven: 350°F *Bake:* 10–15 minutes

Ingredient	*Amount*	*Procedure*
Butter or margarine Cheddar cheese, sharp, shredded	6 oz 8 oz	Cream butter on medium speed until soft. Blend in cheese.
Flour, all-purpose Baking powder Salt Pepper, cayenne	8 oz 2 tsp 1 tsp ¼ tsp	Combine dry ingredients and add to cheese mixture on low speed.
Eggs, beaten Water	3 2 Tbsp	Add eggs and water, combined. Mix on low speed to form a stiff dough. Chill.
		Roll ¼ inch thick and cut into strips 4 inches long and 1 inch wide. Place on ungreased baking sheet. Bake at 350°F for 10–15 minutes.

Approximate nutritive values per portion **Calories** 44

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total fat 3 g	**5%**	**Cholest.** 17 mg	**6%**	**Total Carb.** 3 g	**0.9%**	**Vitamin A**	**3%**	**Calcium**	**3%**
Sat. Fat 2 g	**10%**	**Sodium** 71 mg	**3%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**1%**
Protein 1 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variations

- **Caraway Cheese Straws.** Add 2 tsp caraway seeds to flour before mixing.

YEAST BREAD RECIPES

WHITE BREAD

Yield: 16 1½-lb loaves
Oven: 400°F *Bake:* 30–40 minutes

Ingredient	*Amount*	*Procedure*
Yeast, active dry Water, warm (110°F)	5 oz 3 cups	Soften yeast in warm water. Let stand 10 minutes.
Sugar, granulated Salt Nonfat dry milk Water, lukewarm Shortening, melted	10 oz 5 oz 14 oz 1 gal 12 oz	Combine sugar, salt, dry milk, water, and shortening. Add softened yeast. Mix on medium speed until blended, using dough arm.
Flour, all-purpose	15 lb	Add flour. Mix on low speed about 10 minutes or until dough is smooth and elastic and small blisters appear on the surface.

1. Let dough rise in a warm place (80°F) approximately 2 hours, or until double in bulk.
2. Punch down dough by pulling the dough up on all sides, folding over the center and pressing down, then turning over in the bowl. Shape into 16 loaves, 1 lb 8 oz each (Figure 4.1). Place in greased 5 × 9 × 2¾-inch loaf pans.
3. Let rise approximately 1½ hours, or until double in bulk.
4. Bake at 400°F for 30–40 minutes or until loaves are golden brown and sound hollow when tapped (Exhibit I in the color insert).
5. Brush tops of loaves with melted margarine or butter.

Approximate nutritive values per loaf — **Calories** 1918

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 26 g	39%	**Cholest.** 4 mg	1%	**Total Carb.** 359 g	120%	**Vitamin A**	17%	**Calcium**	39%
Sat. Fat 6 g	30%	**Sodium** 3586 mg	149%	Fiber 14 g	57%	**Vitamin C**	2%	**Iron**	117%
Protein 56 g				Sugars 37 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- 1¼ gal fresh milk may be substituted for the water and dry milk. Scald milk, combine with sugar, salt, and shortening. Cool to lukewarm before adding to other ingredients.
- The dough temperature should be about 80°F when mixed.
- Mixing may be simplified by combining dry yeast with sugar, salt, dry milk, and 2 lb of the flour. Mix thoroughly. In mixer bowl, combine very warm water (120°F) and shortening. Blend on low speed. Add yeast-flour mixture while mixing on low speed. Add remaining flour gradually, mixing until a smooth, elastic dough is formed.
- Shortening may be increased to 1 lb and sugar to 12 oz if a richer dough is desired.
- A variety of shapes may be made from the dough (Exhibits II, III, and IV in the color insert).

Variations

- **Buffet Submarine Buns.** Scale dough into 1-lb portions. Shape into 18-inch-long loaves. (See Figure 4.1 for shaping instructions.) Use for Submarine Sandwiches (p. 540).
- **Butter Slices.** Divide dough into thirds. Roll ⅓ inch thick. Cut with 3-inch biscuit cutter or shape into long rolls and cut into slices. Dip in melted margarine or butter. Stand pieces on edge in 5 × 9 × 2¾-inch loaf pans (8 pieces per pan). Let rise and bake.

- **Cinnamon Bread.** After dough has been divided and scaled into loaves, roll each into a rectangular sheet. Brush with melted margarine or shortening; sprinkle generously with cinnamon and sugar. Roll as for jelly roll. Seal edge of dough and place in greased loaf pans sealed edge down. Sprinkle top with cinnamon and sugar.
- **Raisin Bread.** Add 3 lb raisins to dough after mixing.
- **Sandwich Ring Bread.** Scale fermented dough into 11-oz balls and shape each ball into a 16-inch rope. Braid three ropes together and pinch ends to seal. Shape braided ropes into a 15-inch circle with a 5-inch center hole (work ends together to form a smooth ring). Proof ring in a warm place until double in bulk (30–40 minutes). Bake at 375°F until done (about 20 minutes).
- **Whole Wheat Bread.** Substitute whole wheat flour for half of the all-purpose flour.

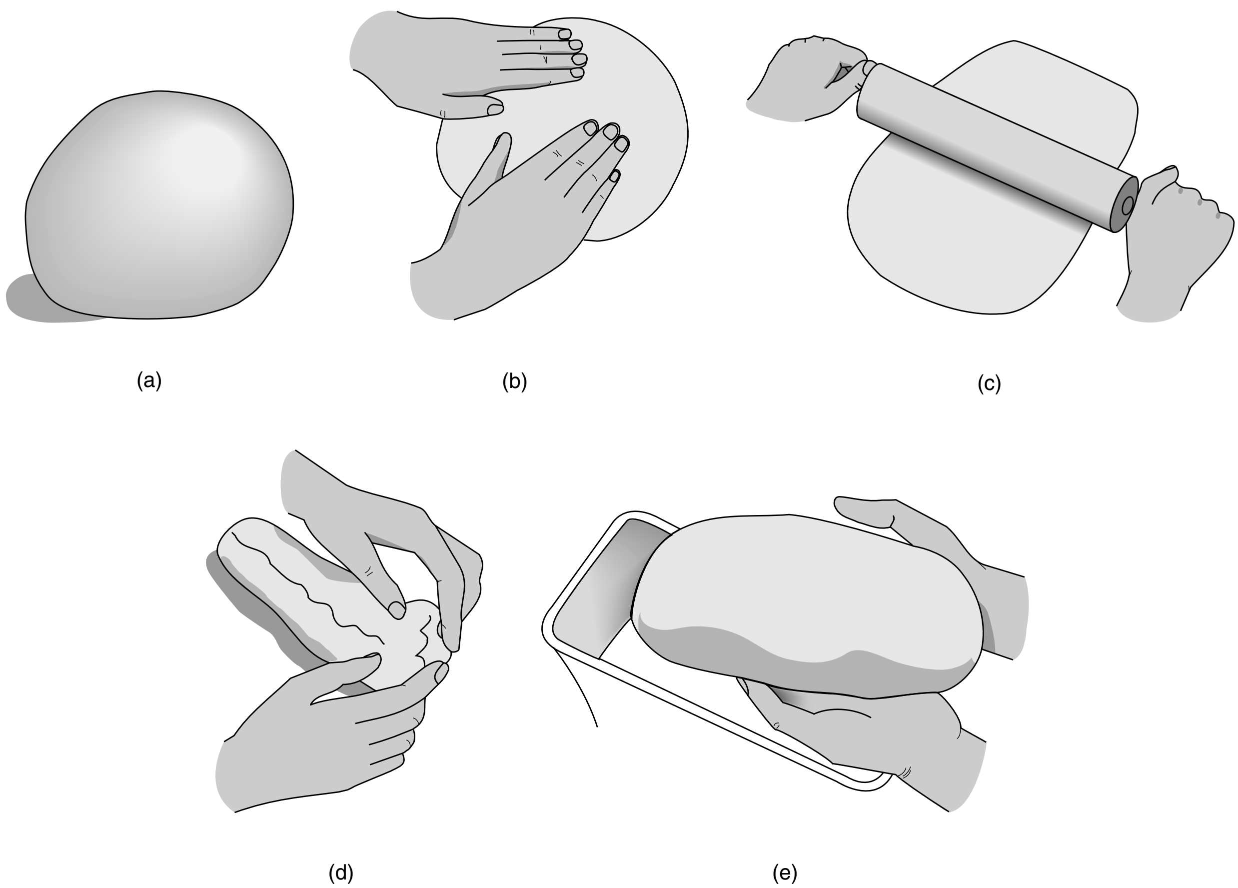


FIGURE 4.1 Shaping bread loaves: (a)Lightly flour the work surface. Divide the dough into 1 lb 8 oz, smooth balls. (b) Press dough by hand to force out air bubbles. (c) Use a rolling pin to form a rectangle. (d) Begin at the short end of the rectangle and roll the dough tightly to make a loaf shape. Seal by pinching ends together. (e) Place dough, seam-side down, in greased pan.

WHOLE WHEAT BREAD

Yield: 5 1½-lb loaves
Oven: 365°F *Bake:* 30–35 minutes

Ingredient	*Amount*	*Procedure*
Yeast, active dry Water, warm (110°F) Sugar, granulated	1¼ oz 1¾ cup 1 Tbsp	Combine yeast, water, and sugar. Let stand 10 minutes.
Water, hot Nonfat dry milk Sugar, granulated Salt Shortening	1 qt 5 oz 5 oz 1½ oz 6 oz	Combine water, milk, sugar, salt, and shortening in mixer bowl, using dough arm. Mix until shortening is softened.
Flour, all-purpose	3 lb	Add enough flour to mixture in mixer bowl to make a thin, smooth batter. Add yeast mixture. Mix 15 minutes on medium speed.
Flour, whole wheat	1 lb	Add remaining all-purpose flour and whole wheat flour in small amounts to make a soft dough that pulls itself from side of bowl. Mix on low speed about 10 minutes or until dough is smooth and elastic and small blisters appear on the surface.

1. Let dough rise (proof) in warm place for about 2 hours or until double in bulk.
2. Punch down dough. Scale into five portions 1 lb 8 oz each.
3. Shape into loaves. Place in greased 5 × 9 × 2¾-inch loaf pans. Let rise until double in size.
4. Bake at 365°F for 30–35 minutes.
5. Remove bread from oven. Brush with melted margarine.

Approximate nutritive values per loaf **Calories** 1862

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 38 g	58%	**Cholest.** 5 mg	2%	**Total Carb.** 326 g	109%	**Vitamin A**	20%	**Calcium**	43%
Sat. Fat 9 g	46%	**Sodium** 3467 mg	144%	Fiber 12 g	48%	**Vitamin C**	2%	**Iron**	100%
Protein 50 g				Sugars 50 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Recipe may be used for Whole Wheat Rolls. See p. 147 for procedure. Recipe makes approximately 100 1½-oz rolls. Bake at 375°F for 20–25 minutes.

Variation

- **Cornmeal Bread.** Delete whole wheat flour. Add 1 lb cornmeal.
- **Egg Bread.** Delete whole wheat flour. Increase all-purpose flour to 3 lb 12 oz. Add 5 eggs (8 oz), beaten.
- **Jalapeño Cheese Bread.** Delete whole wheat flour. Increase all-purpose flour to 4 lb. Increase yeast to 1½ oz. Reduce nonfat dry milk to 1 oz. Add 3 oz seeded jalapeño peppers, finely chopped; 8 oz green chilies, chopped; 10 oz shredded cheddar cheese; and 8 oz shredded processed cheese.
- **White Loaves.** Delete whole wheat flour. Increase all-purpose flour to 4 lb.

FRENCH BREAD

Yield: 5 loaves 1 lb 12 oz
Oven: 425°F *Bake:* 25–30 minutes

Ingredient	*Amount*	*Procedure*
Yeast, active dry Water, warm (110°F) Sugar, granulated	1½ oz 2 cups 2 oz	Combine yeast, water, and sugar. Stir to dissolve yeast. Let stand 10 minutes.
Water, warm Shortening Salt	3 cups 3 oz 1¾ oz	Add to yeast mixture. Mix until blended, using dough arm.
Flour, all-purpose	5 lb	Add flour all at once. Mix on low speed to blend. Mix on medium speed for 7–10 minutes, or until sides of bowl are clean and dough makes a rhythmic slapping sound against side of bowl.

1. Let dough rise (proof) in a warm place for about 2 hours, or until double in bulk.
2. Punch down dough by pulling the dough up on all sides, folding over the center and pressing down, then turning over in the bowl.
3. Divide into five portions, 1 lb 12 oz each. On lightly floured surface, roll or pat dough to a 12 × 6-inch rectangle.
4. Starting with longer side, roll up tightly, pressing dough into roll with each turn. Pinch edges and ends to seal.
5. Place on greased baking sheet sprinkled with cornmeal.
6. Proof until double in bulk.
7. With sharp knife, make two or three diagonal slashes across top of loaf.
8. Spray or brush with cold water.
9. Bake at 425°F for 25–30 minutes until golden brown. Spray or brush loaf with cold water several times during baking for a crisp crust.

Approximate nutritive values per loaf **Calories** 1869

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 21 g	33%	**Cholest.** 0 mg	0%	**Total Carb.** 361 g	120%	**Vitamin A**	0%	**Calcium**	9%
Sat. Fat 5 g	25%	**Sodium** 3861 mg	161%	Fiber 15 g	60%	**Vitamin C**	0%	**Iron**	124%
Protein 50 g				Sugars 19 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- For a shiny, golden crust, brush loaves before baking with an egg glaze made from one slightly beaten egg and 1 Tbsp of water or milk.
- After baking, leave uncovered at room temperature to keep the crust crisp.

DILLY BREAD

Yield: 5 1½-lb loaves
Oven: 375°F *Bake:* 30–35 minutes

Ingredient	*Amount*	*Procedure*
Yeast, active dry Water, warm (110°F) Sugar, granulated	1¼ oz ½ cup 3 oz	Combine yeast, water, and sugar. Stir to dissolve yeast. Let stand for later step.
Cottage cheese, cream style Water, warm	1 lb 12 oz 1¼ cups	Combine cottage cheese and water in mixer bowl.
Vegetable oil Dehydrated chopped onion Dill weed Eggs, whole	¼ cup ½ oz 1 Tbsp 3 (6 oz)	Add oil, onion, dill weed, and eggs to cottage cheese mixture. Mix to blend, using dough arm. Add yeast mixture.
Flour, all-purpose Salt Baking soda	4 lb 2 oz 1 Tbsp ½ tsp	Combine dry ingredients. Add enough to cottage cheese mixture to make a smooth batter. Scrape sides of bowl occasionally. Add remaining flour gradually until dough pulls itself from sides of bowl. Dough will be sticky. Proof until double in bulk.
		Scale dough into five portions, 1 lb 8 oz each. Shape into loaves. Place in greased 5 × 9 × 2¾-inch loaf pans. Proof until double in size. Bake at 375°F for 30–35 minutes. Brush with melted margarine.

Approximate nutritive values per loaf **Calories** 1770

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 25 g	**39%**	**Cholest.** 169 mg	**56%**	**Total Carb.** 313 g	**104%**	**Vitamin A**	**14%**	**Calcium**	**19%**
Sat. Fat 9 g	**45%**	**Sodium** 2102 mg	**88%**	Fiber 13 g	**50%**	**Vitamin C**	**3%**	**Iron**	**108%**
Protein 66 g				Sugars 24 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

ENGLISH MUFFIN BREAD

Yield: 5 1½-lb loaves
Oven: 375°F *Bake:* 40–50 minutes

Ingredient	*Amount*	*Procedure*
Water, hot Vegetable oil	2 cups 1½ cups	Combine water and oil in mixer bowl.
Flour, all-purpose Sugar, granulated Salt Eggs, beaten	2 lb 6 oz 2 oz 6 (10 oz)	Add flour, sugar, salt, and eggs to water-oil mixture.
Yeast, active dry Water, warm (110°F)	1¼ oz 1½ cups	Dissolve yeast in warm water. Add to flour mixture. Mix on medium speed for 2 minutes, using dough arm.
Flour, all-purpose	2 lb	Add enough remaining flour to make a stiff batter. Cover and let rise until light and double in bulk. Punch down dough.
Cornmeal	2 oz	Grease five loaf pans (5 × 9 × 2¾ inches). Sprinkle with cornmeal. Scale 1 lb 8 oz dough per pan. Shape and place in pans. Sprinkle with cornmeal. Cover. Let rise until double in bulk. Bake at 375°F for 40–50 minutes or until loaf sounds hollow when tapped lightly.

Approximate nutritive values per loaf **Calories** 2176

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total fat 75 g	**115%**	**Cholest.** 242 mg	**81%**	**Total Carb.** 323 g	**108%**	**Vitamin A**	**11%**	**Calcium**	**11%**
Sat. Fat 19 g	**97%**	**Sodium** 4483 mg	**187%**	Fiber 14 g	**55%**	**Vitamin C**	**0%**	**Iron**	**106%**
Protein 49 g				Sugars 39 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

FOCACCIA

Yield: 4 loaves
Oven: 450°F *Bake:* 20–30 minutes

Ingredient	*Amount*	*Procedure*
Yeast, active dry Water, warm (110°F) Sugar, granulated	1 oz 2 cups ¼ tsp	Combine yeast, water, and sugar. Stir to dissolve yeast. Let stand for later step.
Olive oil Water, warm Salt	1½ cups 2 cups 1 Tbsp	Add to yeast mixture. Mix until blended using dough arm.
Flour, all-purpose	2 lb 10 oz	Add flour. Mix on low speed for about 10 minutes until dough is smooth and satiny.

1. Turn into lightly greased bowl, then turn over to grease top. Cover. Let rise in warm place (80°F) until double in bulk (30–40 minutes).
2. Shape with a rolling pin into four 1 lb 5 oz ovals, circles, or rectangles about ½–⅔ inch thick. See Exhibit IV in the color insert.
3. Make several very shallow parallel or fan-shaped cuts in center of bread, then gently pull the edges of the dough to slightly open the shallow cuts.
4. Put rounds on lightly greased pans.
5. Brush rounds with olive oil and sprinkle lightly with coarse sea salt and coarse ground pepper. Let rise 20 minutes.
6. Bake at 450°F for approximately 15 minutes, until golden brown. Serve warm.

Approximate nutritive values per loaf **Calories** 1819

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total fat 84 g Sat. Fat 11 g **Protein** 33 g	**130%** **57%**	**Cholest.** 0 mg **Sodium** 1611 mg	**0%** **67%**	**Total Carb.** 230 g Fiber 9 g Sugars 0 g	**77%** **34%**	**Vitamin A** **Vitamin C**	**0%** **0%**	**Calcium** **Iron**	**6%** **73%**

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note
- Focaccia may be split and filled with a sandwich filling or served unsplit as an accompaniment to soup or salad.

Variation
- **Focaccia with Onions.** Toss 1 lb of thinly sliced onions with ¼ cup olive oil, ½ tsp salt, and ½ tsp pepper. Distribute approximately 4 oz of onion mixture on Focaccia after shaping. Let rise 20–30 minutes and bake as directed.

OATMEAL BREAD

Yield: 5 1½-lb loaves
Oven: 375°F *Bake:* 30–35 minutes

Ingredient	*Amount*	*Procedure*
Yeast, active dry Water, warm (110°F) Sugar, granulated	1¼ oz 1 cup 2 tsp	Combine yeast, water, and sugar. Let stand 10 minutes.
Water, hot Rolled oats Molasses Shortening Salt	3 cups 6 oz 1 cup 6 oz 2 Tbsp	Combine in mixer bowl, using dough arm.
Flour, all-purpose	3 lb 8 oz	Add enough flour to rolled oats mixture to make a smooth, thin batter.
Eggs	4 (7 oz)	Add eggs and yeast mixture to batter. Mix 15 minutes on medium speed. Add remaining flour in small amounts, on low speed, to make a soft dough. Let rest 10 minutes. Knead on low speed for 10 minutes or until smooth and elastic, or until a small piece of dough can be stretched to resemble a thin membrane. Let rise until double in bulk.
Rolled oats	4 oz	Grease five loaf pans (5 × 9 × 2¾ inches). Coat each pan with ¼ cup rolled oats. Punch down dough. Scale 1 lb 8 oz dough for each pan and shape into a loaf. Place in prepared pans.
Egg whites Water	2 (2 oz) 1 Tbsp	Combine egg whites and water. Brush on loaves and sprinkle with rolled oats. Let rise until double in bulk. Bake at 375°F for 30–35 minutes.

Approximate nutritive values per loaf **Calories** 1926

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total fat 45 g	**69%**	**Cholest.** 169 mg	**56%**	**Total Carb.** 327 g	**109%**	**Vitamin A**	**7%**	**Calcium**	**22%**
Sat. Fat 11 g	**54%**	**Sodium** 2650 mg	**110%**	Fiber 11 g	**43%**	**Vitamin C**	**0%**	**Iron**	**120%**
Protein 51 g				Sugars 45 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note
- See oatmeal topping, Exhibit IV in the color insert.

Variation
- **Molasses Bran Bread.** Delete rolled oats and eggs. Increase water to 1 qt. Add 10 oz whole wheat flour, 3 oz unprocessed bran, 1½ tsp ground ginger, and 4 oz nonfat dry milk.

POTATO BREAD

Yield: 5 1½-lb loaves
Oven: 375°F *Bake:* 30-35 minutes

Ingredient	*Amount*	*Procedure*
Instant potatoes Water, boiling	5 oz 2 cups	Pour boiling water over potatoes. Set aside for later step.
Yeast, active dry Water, warm (110°F) Sugar, granulated	1 oz 1 cup 1 tsp	Combine yeast, water, and sugar. Let stand 10 minutes.
Water, hot Nonfat dry milk Shortening Sugar, granulated Salt	1½ cups 4 oz 8 oz 8 oz 2 Tbsp	Combine water, milk, shortening, sugar, and salt in mixer bowl, using dough arm to mix and soften shortening. Add potato mixture and mix until well blended.
Flour, all-purpose	3 lb 8 oz	Add enough flour to make a smooth batter. Add yeast mixture. Mix on medium speed for 15 minutes.
Eggs, beaten	5 (8 oz)	Add eggs and mix thoroughly. Add remaining flour in small amounts on low speed to make a soft dough. Proof until double in bulk.
		Punch down dough. Scale into five loaves, 1 lb 8 oz each. Place in greased baking pans (5 × 9 × 2¾ inches). Proof until double in size. Bake at 375°F for 30–35 minutes.

Approximate nutritive values per loaf **Calories** 2015

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 54 g	**84%**	**Cholest.** 197 mg	**66%**	**Total Carb.** 326 g	**109%**	**Vitamin A**	**24%**	**Calcium**	**44%**
Sat. Fat 13 g	**67%**	**Sodium** 3347 mg	**139%**	Fiber 10 g	**42%**	**Vitamin C**	**2%**	**Iron**	**93%**
Protein 51 g				Sugars 62 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Dough may be shaped into rolls. Recipe makes approximately 100 1½-oz rolls. Bake at 375°F for 20–25 minutes.

Variation

- **Portuguese Sweet Bread.** Delete nonfat dry milk. Substitute 6 oz margarine for shortening. Increase sugar to 10 oz and eggs to 6 (10 oz).

SWEDISH RYE BREAD

Yield: 5 1½-lb loaves
Oven: 375°F *Bake:* 40–50 minutes

Ingredient	Amount	Procedure
Yeast, active dry Water, warm (110°F) Sugar, brown	2¼ oz 2 cups 1 oz	Combine yeast, water, and brown sugar. Let stand 10 minutes.
Water, hot Salt Sugar, brown Molasses Shortening	3 cups 1 Tbsp 6 oz 6 oz (½ cup) 3 oz	Combine in mixer bowl. Mix thoroughly until shortening is softened.
Flour, all-purpose Flour, rye	3 lb 8 oz 12 oz	Combine flours. Add enough to mixture in mixer bowl to make a thin, smooth batter. Add yeast mixture. Mix on medium speed for 10 minutes, using dough arm. Reduce mixer speed. Add remaining flour in small amounts to make a soft dough that pulls itself from sides of bowl. Mix for about 10 minutes, until smooth and elastic, or until a small piece of dough can be stretched to resemble a thin membrane. Let rise until double in bulk.
		Punch down dough. Shape into five loaves, 1 lb 8 oz each. Place in five greased loaf pans (5 × 9 × 2¾ inches). Let rise until double in bulk. Bake at 375°F for 40–50 minutes or until bread sounds hollow when tapped lightly.

Approximate nutritive values per loaf — **Calories** 1771

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 22 g	34%	**Cholest.** 0 mg	0%	**Total Carb.** 349 g	116%	**Vitamin A**	0%	**Calcium**	17%
Sat. Fat 5 g	25%	**Sodium** 29 mg	1%	Fiber 15 g	59%	**Vitamin C**	0%	**Iron**	129%
Protein 48 g				Sugars 28 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variation

- **Caraway Rye Bread.** Add 2 Tbsp caraway seeds to dough.
- **Limpa Rye Bread.** Decrease all-purpose flour to 2 lb and increase rye flour to 2 lb. Add 2 Tbsp fennel seed and 2 Tbsp grated orange peel.
- **Rye Rolls.** Shape into 1½-oz rolls. Yield: 7 dozen.

BASIC ROLL DOUGH

Yield: 8 dozen rolls *Portion:* 1½ oz
Oven: 400°F *Bake:* 15–25 minutes

Ingredient	*Amount*	*Procedure*
Water, warm (110°F) Sugar, granulated Yeast, active dry	1 cup 1 tsp 1½ oz	Combine sugar and water. Add yeast. Let stand 10 minutes.
Water, hot Nonfat dry milk Sugar, granulated Salt Shortening	1¼ qt 5 oz 4 oz 2 oz 8 oz	Place hot water, dry milk, sugar, salt, and shortening in mixer bowl. Mix thoroughly, using dough arm, until shortening is softened.
Eggs, beaten	4 (7 oz)	Add eggs and softened yeast.
Flour, all-purpose	4 lb 12 oz (variable)	Add flour to make a moderately soft dough. Mix on low speed for about 10 minutes until smooth and satiny or until a small piece of dough can be stretched to resemble a thin membrane.

1. Turn into lightly greased bowl, then turn over to grease top. Cover. Let rise in warm place (80°F) until double in bulk.
2. Punch down. Divide into thirds for ease in handling. Shape into 1½-oz rolls or into desired shapes. (See Variations on p. 147.)
3. Let rise until double in bulk.
4. Bake at 400°F for 15–25 minutes or until golden brown.

Approximate nutritive values per portion — **Calories** 117

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 3 g	4%	**Cholest.** 9 mg	3%	**Total Carb.** 19 g	6%	**Vitamin A**	1%	**Calcium**	2%
Sat. Fat 1 g	3%	**Sodium** 241 mg	10%	Fiber 1 g	3%	**Vitamin C**	0%	**Iron**	6%
Protein 3 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- 1¼ qt fluid milk may be used in place of nonfat dry milk and hot water. Scald milk, then add sugar, salt, and shortening, and cool to lukewarm.
- Mixing may be simplified by combining dry yeast with sugar, salt, dry milk, and 2 lb of the flour. Mix thoroughly. In mixer bowl combine 1¼ qt very warm water (120°F), shortening, and beaten eggs. Blend on low speed. Add remaining flour gradually, mixing until a smooth, elastic dough is formed.
- Allow 3–4 hours for mixing and rising. For a quicker rising dough, increase yeast to 2 oz.

Variations

- **Bowknots.** Roll 1½-oz portions of dough into strips 9 inches long. Tie loosely into a single knot (see Figure 4.2).
- **Braids.** Roll dough ¼ inch thick and cut in strips 6 inches long and ½ inch wide. Braid three strips, fold under, and pinch to seal (see Figure 4.3).
- **Butterhorns.** Proceed as for Crescents, but do not form crescent shape.
- **Caramel Crowns.** Increase sugar in dough to 9 oz. Scale dough into balls 1½ oz each. Drop into mixture of 1 lb 4 oz sugar and 3 Tbsp cinnamon to coat balls. Arrange 18 balls in each of five greased tube pans, into which 2 oz pecans, halves or coarsely chopped, have been placed. The pan should be about ⅓ full. Let rise until double in bulk. Bake at 350°F for 30 minutes.

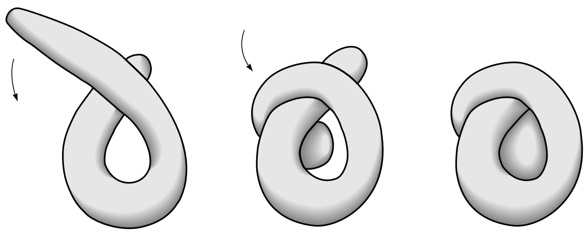


FIGURE 4.2 Shaping bowknot rolls

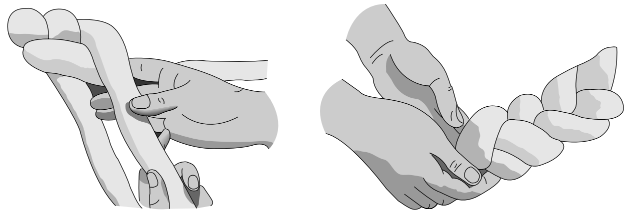


FIGURE 4.3 Braiding yeast dough

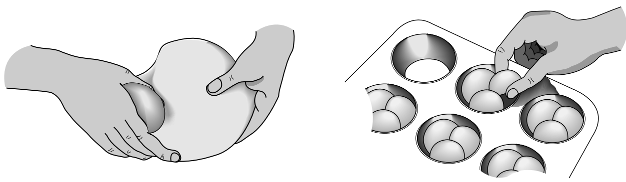


FIGURE 4.4 Shaping and panning cloverleaf rolls

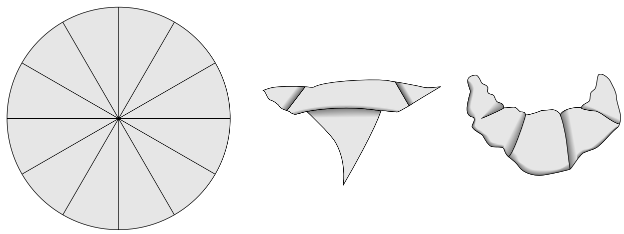


FIGURE 4.5 Shaping crescent rolls

Immediately loosen from pan with a spatula. Invert pans to remove. Cool. Serve irregular side up to resemble a crown. Garnish with maraschino cherries.

- **Cloverleaf Rolls.** Pinch off 1-oz pieces of dough and roll into smooth balls. Fit into greased muffin pans, three balls per cut (see Figure 4.4).
- **Crescents.** Weigh dough into 12-oz portions. Roll each into a circle $\frac{1}{8}$ inch thick and 8 inches in diameter. Cut into 12 triangles and brush top with melted margarine or butter. Beginning at base, roll each triangle, keeping point in middle of roll and bringing ends toward each other to form a crescent shape. Place on greased baking sheets $1\frac{1}{2}$ inches apart (see Figure 4.5).
- **Dinner or Pan Rolls.** Shape dough into $1\frac{1}{2}$-oz balls and place on well-greased baking sheets. Cover. Let rise until light. Brush with mixture made of egg yolk and milk—1 egg yolk to 1 Tbsp milk.
- **Fan Tan or Butterflake Rolls.** Weigh dough into 12-oz pieces. Roll out into very thin rectangular sheet. Brush with melted margarine or butter. Cut in strips about 1 inch wide. Pile 6–7 strips together. Cut $1\frac{1}{2}$-inch pieces and place on end in greased muffin pans.
- **Gooey Buns.** Grease sides of one $18 \times 26 \times 2$-inch baking sheet. Combine in kettle or saucepan 8 oz margarine, 1 lb 8 oz brown sugar, and $\frac{3}{4}$ cup corn syrup. Cook until sugar is dissolved. Pour into prepared pan. Cool. If desired, sprinkle 1 lb pecans over mixture. Place $1\frac{1}{2}$-oz portions of dough 8×12 on sugar mixture. Let rise. Bake at 375°F for 20–25 minutes. Remove from oven and turn upside down onto $18 \times 26 \times 1$-inch baking sheet.
- **Half-and-Half Rolls.** Proceed as for Twin Rolls. Use one round plain dough and one round whole wheat dough for each roll.
- **Hamburger Buns.** Divide dough into two portions. Roll each piece of dough into a strip $1\frac{1}{2}$ inches in diameter. Cut strips into pieces approximately $2\frac{1}{2}$ oz each. Round the pieces into balls. Place balls in rows on greased baking sheets $1\frac{1}{2}$–2 inches apart. Let stand 10–15 minutes, then flatten to desired thickness with finger, rolling pin, or another baking sheet.
- **Hot Cross Buns.** Divide dough into thirds. Roll $\frac{1}{2}$ inch thick. Cut rounds 3 inches in diameter. Brush tops with beaten egg. Score top of bun to make a cross before baking, or make a cross on top with frosting after baking. (See p. 152 for variation.)
- **Hot Dog Buns.** Divide dough into two portions. Roll each piece of dough into a strip $1\frac{1}{2}$ inches in diameter. Cut strips of dough into pieces approximately $2\frac{1}{2}$ oz each. Round pieces of dough; roll into pieces approximately $4\frac{1}{2}$ inches long. Place in rows on greased baking sheets $\frac{1}{2}$ inch apart.

- **Parker House Rolls.** Divide dough into thirds. Roll dough to ⅓ inch thickness. Cut rounds 2–2½ inches in diameter with a biscuit cutter. Let dough rest a few minutes after cutting. Brush with melted butter or margarine. Crease the rolls across the center with the dull edge of a table knife. Fold over and press down on the folded edge (see Figure 4.6), and Exhibit II in the color insert.
- **Popcorn Rolls.** Shape dough into 1½-oz balls. Place on greased baking sheets. Snip top of each ball twice with scissors.
- **Poppy Seed Rolls.** (a) Proceed as for Twists. Substitute poppy seed for sugar and cinnamon. (b) Proceed as for Cinnamon Rolls (p. 153). Substitute poppy seed for sugar, cinnamon, and raisins.
- **Ribbon Rolls.** Weigh dough into 12-oz pieces. Roll ¼ inch thick. Spread with melted margarine. Place on top of this a layer of whole wheat dough rolled to the same thickness. Repeat, using the contrasting dough until five layers thick. Cut with a 1½-inch cutter. Place in greased muffin pans with cut surface down.
- **Rosettes.** Follow directions for Bowknots. After tying, bring one end through center and the other over the side.
- **Sesame Rolls.** Proceed as for Twin Rolls. Brush tops with melted margarine and sprinkle with sesame seeds.
- **Twin Rolls.** Weigh dough into 12-oz pieces. Roll ⅝ inch thick. Cut rounds 1 inch in diameter. Brush with melted margarine. Place on end in well-greased muffin pans, allowing two rounds for each roll.
- **Twists.** Weigh dough into 12-oz pieces. Roll ⅓ inch thick, spread with melted margarine, sugar, and cinnamon. Cut into strips ⅓ × 8 inches, bring both ends together, and twist dough.
- **Whole Wheat Rolls.** Substitute 2 lb 6 oz whole wheat flour for 2 lb 6 oz of the all-purpose flour. Proceed as for Basic Roll Dough.

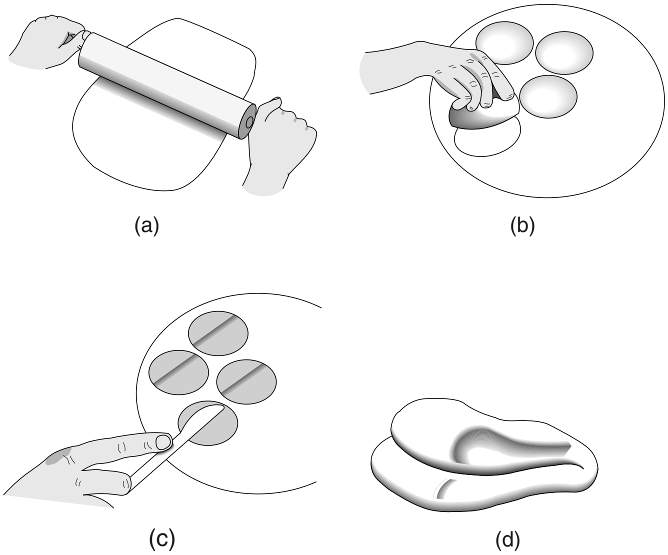


FIGURE 4.6 Shaping Parker House Rolls. (a) Divide dough into thirds. Roll to ⅓ inch thickness and brush with melted margarine. (b) Cut into circles with cutter. (c) Crease rolls with back of a table knife. (d) Fold over and press down on folded edge.

BUTTER BUNS

Yield: 9–10 dozen buns *Portion:* 1¾ oz
Oven: 400°F *Bake:* 15–20 minutes

Ingredient	*Amount*	*Procedure*
Sugar, granulated Salt Margarine or butter	1 lb 1 oz 1 lb 8 oz	Place sugar, salt, and margarine in mixer bowl.
Milk	3 cups	Scald milk by heating to a point just below boiling. Add to ingredients in mixer bowl and mix. Cool to lukewarm.
Yeast, active dry Water, warm (110°F)	2 oz 1 cup	Soften yeast in warm water.
Eggs Egg yolks Lemon extract (optional)	12 (1 lb 5 oz) 16 (10 oz) 4 tsp	Beat eggs and yolks. Add eggs, lemon extract, and yeast to milk mixture. Mix until blended.
Flour, all-purpose	4 lb 8 oz	Add flour and mix thoroughly, using dough arm. Let dough rise until double in bulk. Portion with No. 30 dipper into greased muffin pans. Let rise 1 hour. Bake at 400°F for 15–20 minutes.

Approximate nutritive values per portion **Calories** 146

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total fat 6 g	**10%**	**Cholest.** 55 mg	**18%**	**Total Carb.** 18 g	**6%**	**Vitamin A**	**7%**	**Calcium**	**1%**
Sat. Fat 2 g	**8%**	**Sodium** 164 mg	**7%**	Fiber 1 g	**3%**	**Vitamin C**	**0%**	**Iron**	**6%**
Protein 4 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- 3 oz nonfat dry milk and 3 cups water may be substituted for the fluid milk. Combine dry milk with flour. Increase margarine to 1 lb 9 oz.

RAISED MUFFINS

Yield: 8 dozen muffins *Portion:* 2 oz
Oven: 350°F *Bake:* 20 minutes

Ingredient	Amount	Procedure
Sugar, granulated Salt Shortening	12 oz 2 oz 9 oz	Place sugar, salt, and shortening in mixer bowl.
Milk	1½ qt	Scald milk by heating to point just below boiling. Add to mixture in mixing bowl. Cool to lukewarm.
Yeast, active dry Water, warm (110°F)	1½ oz 1½ cups	Soften yeast in warm water.
Eggs, beaten	12 (1 lb 5 oz)	Add eggs and softened yeast to milk mixture.
Flour, all-purpose	2 lb	Add flour. Beat on medium speed for 10 minutes, using flat beater. Let rise in warm place for 1½ hours.
Flour, all-purpose	2 lb 12 oz (variable)	Add remaining flour. Beat until batter is smooth. Portion with No. 20 dipper into greased muffin pans. Let rise until double in bulk (about 1 hour). Bake at 350°F for 20 minutes.

Approximate nutritive values per portion **Calories** 139

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 4 g	6%	**Cholest.** 28 mg	10%	**Total Carb.** 22 g	7%	**Vitamin A**	1%	**Calcium**	2%
Sat. Fat 1 g	6%	**Sodium** 245 mg	10%	Fiber 1 g	3%	**Vitamin C**	0%	**Iron**	6%
Protein 4 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- 6 oz nonfat dry milk and 1½ qt water may be substituted for the fluid milk. Combine dry milk with the first portion of flour.

BASIC SWEET ROLL DOUGH

Yield: 8 dozen rolls *Portion:* 2 oz
Oven: 375°F *Bake:* 20–25 minutes

Ingredient	*Amount*	*Procedure*
Yeast, active dry Water, warm (110°F)	2 oz 1½ cups	Soften yeast in warm water.
Water, hot Nonfat dry milk Sugar, granulated Shortening Salt	3 cups 3 oz 1 lb 1 lb 1¾ oz	Combine hot water, dry milk, sugar, shortening, and salt in mixer bowl. Mix until shortening is softened, using dough arm. Cool to lukewarm.
Eggs, beaten	9 (1 lb)	Add eggs and yeast to mixture in bowl. Blend.
Flour, all-purpose	5–6 lb (variable)	Add flour gradually on low speed. Mix on medium speed to a smooth dough, 5–6 minutes. Do not overmix. Dough should be moderately soft.

1. The dough temperature just after mixing should be 78°–82°F.
2. Place dough in lightly greased bowl. Grease top of dough, cover, and let rise in warm place until double in bulk, about 2 hours.
3. Punch down and let rise again, about 1 hour.
4. Punch down and divide into portions for rolls. Let rest for 10 minutes.
5. Scale 2 oz per roll. Shape (see Variations) and let rise until rolls are almost double in bulk, about 45 minutes.
6. Bake at 375°F for 20–25 minutes.

Approximate nutritive values per portion — **Calories** 167

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 5 g	8%	**Cholest.** 20 mg	7%	**Total Carb.** 25 g	8%	**Vitamin A**	1%	**Calcium**	1%
Sat. Fat 1 g	7%	**Sodium** 212 mg	9%	Fiber 1 g	4%	**Vitamin C**	0%	**Iron**	7%
Protein 4 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Mixing may be simplified by combining dry yeast with sugar, salt, dry milk, and 2 lb of the flour. Mix thoroughly. Combine eggs, very warm water (120°F), and melted shortening. Add yeast-flour mixture on low speed. Add remaining flour gradually, mixing until a smooth, elastic dough is formed.
- 3 cups fluid milk may be used in place of nonfat dry milk and hot water. Scald milk, then add sugar, salt, and shortening, and cool to lukewarm.
- For a quicker rising dough, increase yeast to 3 oz.

Variations

- **Cherry Nut Rolls.** Add 1 tsp nutmeg, ½ tsp almond or lemon extract, 1 lb chopped glacé cherries, and 1 lb chopped pecans to dough. Shape into 1-oz balls. When baked, cover with glaze made of orange juice and powdered sugar.
- **Cinnamon Twists.** Combine 1 lb granulated sugar and 1 Tbsp cinnamon. Melt 4 oz margarine. Dip 2-oz portions of dough into melted margarine, then roll in sugar-cinnamon mixture. Elongate and twist dough portions into 3-inch-long rolls. Place side by side in two 13 × 18-inch baking pans. Bake at 375°F for 20–25 minutes.
- **Coffee Cake.** Scale 4 lb dough and roll out to size of 18 × 26 × 1-inch baking sheet. Cover top of dough with melted margarine or butter and topping (see p. 154). Fruit fillings may be used also.

- **Crullers.** Roll dough ⅓ inch thick. Cut into strips ½ × 8 inches. Bring two ends together and twist dough. Let rise, then fry in deep fat. Ice with Powdered Sugar Glaze (p. 196) or dip in fine granulated sugar.
- **Danish Pastry.** Roll a 5-lb piece of dough into a rectangular shape about ¼ inch thick. Start at one edge and cover completely ⅔ of the dough with small pieces of hard butter, margarine, or special Danish pastry shortening. The latter is stable at bakeshop temperature and is easier to use than butter or margarine. Use 2–5 oz per lb of dough.

  Fold the unbuttered ⅓ portion of dough over an equal portion of buttered dough. Fold the remaining ⅓ buttered dough over the top to make three layers of dough separated by a layer of fat. Roll out dough ¼ inch thick. This completes the first roll. Repeat folding and rolling two or more times. Do not allow the fat to become soft while working with the dough. Let dough rest 45 minutes. Make into desired shapes.
- **Hot Cross Buns.** Add to dough 8 oz chopped glacé cherries, 8 oz raisins, 2 Tbsp cinnamon, ¼ tsp cloves, and ¼ tsp nutmeg. Shape into round buns, 1 oz per bun. When baked, make a cross on top with Powdered Sugar Glaze (p. 196).
- **Kolaches.** Add 2 Tbsp freshly grated lemon peel to dough. Shape dough into 1-oz balls. Place on lightly greased baking sheet. Let rise until light. Press down center to make cavity and fill with 1 tsp filling. Brush with melted margarine or butter and sprinkle with chopped nuts. Suggested fillings: chopped cooked prunes and dried apricots cooked with sugar and cinnamon; poppy seed mixed with sugar and milk; apricot or peach marmalade.
- **Long Johns.** Roll out dough to a thickness of ½ inch. Cut dough into rectangular pieces ½ × 4 inches. Let rise until double in bulk. Fry in deep fat.
- **Swedish Braids.** Add to dough 1 lb chopped candied fruit, 8 oz pecans, and ½ tsp cardamom seed. Weigh dough into 1¾-lb portions and braid. Place on greased 18 × 26 × 1-inch baking sheets, four per pan. When baked, brush with Powdered Sugar Glaze (p. 196) made with milk in place of water.

FRUIT COFFEE RINGS

Yield: 8 rings
Oven: 350°F *Bake:* 30 minutes

Ingredient	*Amount*	*Procedure*
Basic Roll Dough (p. 146) or Basic Sweet Roll Dough (p. 151)	10 lb (1 recipe)	Let dough rise until double in bulk. Divide dough into 1½-lb portions. Roll out each portion into a rectangular strip 9 × 14 × ⅓ inches.
Filling (see below)	2 qt	Spread each strip with 1 cup filling. Roll as for Cinnamon Rolls. Arrange in ring mold or 10-inch tube pan. Cut slashes in dough with scissors about 1 inch apart Let rise until double in bulk. Bake at 350°F for 25–30 minutes. Brush with Powdered Sugar Glaze (p. 196).

Suggested Fillings

- Use 2 qt Apricot Filling (p. 197) or apricot preserves, Fig Filling (p. 197), Prune-Date Filling (p. 197), orange marmalade, or a mixture of 1 lb margarine or butter and 1 lb honey whipped together until light and fluffy. Dough may be shaped in a twist.

CINNAMON ROLLS

Yield: 5 dozen rolls *Portion:* 3 oz
Oven: 375°F *Bake:* 20–25 minutes

Ingredient	*Amount*	*Procedure*
Basic Roll Dough (p. 146) or Basic Sweet Roll Dough (p. 151)	10 lb (1 recipe)	Let dough rise until double in bulk. Divide dough into eight portions, 1 lb 4 oz each. Roll each portion into rectangular sheet 9 × 14 × ⅓ inches.
Margarine or butter, melted	12 oz	Spread each sheet with melted margarine.
Sugar, granulated Cinnamon, ground	2 lb 1 oz (4 Tbsp)	Combine sugar and cinnamon. Sprinkle 6 oz over each sheet. Roll as for Cinnamon Roll (see Figure 4.7). Cut into 1-inch slices. Place cut side down on greased baking sheets, in muffin pans, or round pans. Let rise until double in bulk, about 45 minutes. Bake at 375°F for 20–25 minutes. After removing from oven, spread tops with Powdered Sugar Glaze (p. 196) made with milk in place of water, Peanut Butter Glaze (p. 195), or Chocolate Glaze (p. 195).

Approximate nutritive values per portion **Calories** 353

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 13 g	20%	**Cholest.** 32 mg	11%	**Total Carb.** 53 g	18%	**Vitamin A**	4%	**Calcium**	3%
Sat. Fat 3 g	15%	**Sodium** 393 mg	16%	Fiber 1 g	5%	**Vitamin C**	0%	**Iron**	12%
Protein 6 g				Sugars 23 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note
- 8 oz brown sugar may be substituted for part of granulated sugar.

Variations
- **Butterfly Rolls.** Cut rolled dough into 2-inch slices. Press each roll across center parallel to the cut side, with the back of a large knife handle. Press or flatten out the folds of each end. Place on greased baking sheets 1½ inches apart.
- **Butterscotch Rolls.** Use brown sugar and omit cinnamon, if desired. Cream 8 oz margarine or butter, 1 lb 8 oz brown sugar, and 1 tsp salt. Gradually add 1 cup water, blending thoroughly. Spread 10 oz mixture over each of four greased 18 × 26 × 1-inch baking sheets or place 1 Tbsp mixture into each greased muffin pan cup. Place rolls cut side down in pans.

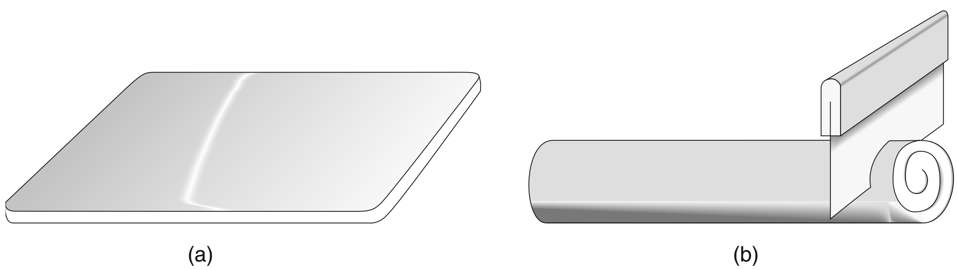


FIGURE 4.7 Preparing Cinnamon Rolls. (a) Roll dough into rectangular sheets, brush with melted margarine, and sprinkle with sugar-cinnamon mixture. (b) Roll up as for jelly roll. Cut into 1-inch slices.

- **Caramel Pecan Rolls.** Melt 12 oz margarine. Add 1 lb chopped pecans, 2 lb 6 oz brown sugar, and 12 oz light corn syrup. Stir to mix. Scale 1 lb 10 oz into each 12 × 18 × 2-inch pan. Place rolls cut side down onto caramel mixture.
- **Cinnamon Raisin Rolls.** Use brown sugar in place of granulated sugar and add 8 oz raisins to filling.
- **Double Cinnamon Buns.** Proceed as for Butterfly Rolls. Roll sheet of dough from both sides to form a double roll.
- **Glazed Marmalade Rolls.** Omit cinnamon. Dip cut slices in additional melted margarine or butter and granulated sugar. When baked, glaze with orange marmalade mixed with powdered sugar until of a consistency to spread. Apricot marmalade, strawberry jam, or other preserves may be used for the glaze.
- **Honey Rolls.** Substitute honey filling for sugar and cinnamon. Whip 1 lb margarine or butter and 1 lb honey until light and fluffy.
- **Jumbo Cinnamon Rolls.** Use 24 lb dough, 3 lb granulated sugar mixed with 5 Tbsp cinnamon, and 1 lb margarine or butter. Divide dough into four 6-lb portions. Roll each portion into approximately a 26 × 26-inch square. Spread with 4 oz softened margarine and sprinkle with 1½ cups sugar-cinnamon mixture. Roll into a 26-inch-long roll. Cut into 12 slices 2 inches thick. Pan 2 × 4 in 12 × 18-inch baking pans. Proof until double in bulk. Bake at 350°F for 25 minutes or until done. Ice with Powdered Sugar Glaze (p. 196).
- **Orange Rolls.** Omit cinnamon. Spread with mixture of 1 lb 8 oz granulated sugar and 1 cup fresh grated orange peel. When baked, brush with a glaze made of powdered sugar and orange juice. If desired, use a filling made by creaming 1 lb margarine or butter, 2 Tbsp fresh grated orange peel, 2 lb granulated sugar, and ¾ cup undiluted frozen orange juice concentrate. Spread on dough.
- **Pecan Rolls.** Coarsely chop 1 lb 8 oz pecans. Sprinkle 8 oz over bottom of each of three 12 × 18 × 2-inch baking pans. Combine 2 lb margarine or butter, 2 Tbsp cinnamon, ⅓ cup corn syrup, ⅓ cup water, and 2 lb 8 oz brown sugar. Cook over medium heat until margarine melts. Pour over chopped nuts, 1 lb 12 oz per pan. Place rolls cut side down on mixture.
- **Sugared Snails.** Proceed as for Butterfly Rolls, rolling dough thinner before adding sugar filling. Cut rolled dough into slices ¾ inch thick. Dip cut surface of each roll in granulated sugar. Place on greased baking sheets ½ inch apart, with sugared side up. Allow to stand 10-15 minutes, then flatten before baking.

FILLINGS OR TOPPINGS FOR COFFEE CAKE AND SWEET ROLLS

1. **Almond Filling.** Mix 1 lb almond paste, 1 lb granulated sugar, 12 oz margarine or butter, and 4 oz flour. Add 2 eggs and beat until smooth.
2. **Butter Cinnamon Topping.** Cream 8 oz margarine or butter, 1 lb granulated sugar, 3 Tbsp cinnamon, and ½ tsp salt. Add 4 beaten eggs and 3 oz flour and blend.
3. **Butter Crunch Topping.** Blend 1 lb granulated sugar, 1 lb margarine or butter, ½ tsp salt, 3 oz honey, and 2 lb flour together to form a crumbly mixture.
4. **Crumb Topping.** Mix 8 oz margarine or butter, 12 oz granulated sugar, ½ tsp cinnamon, and 12 oz flour until crumbly. Add 4 oz chopped nuts if desired.